

THE Messenger

Lakes, Bay & Region • February 17, 2018

FREE WEEKLY also available online



LAST
CHANCE
TO SPEND
A NIGHT
WITH CAM
AND JT

WIN: TWO \$1000 WORTH OF PRIZES INSIDE

COMPETITIONS A NIGHT CAMERON SMITH AND JOHNATHAN THURSTON TICKETS ISC

THE MANGANIYAR SEDUCTION AT QPAC TICKETS

ONE OF THE MOST ORIGINAL AND MESMERISING LIVE PERFORMANCES ON EARTH

LEONIE ON: COPING WITH SEPARATION AFTER LONG TERM MARRIAGE

Harvey Norman

UNLOCK THE BED



**WIN \$2000
UP TO***
IN HARVEY NORMAN GIFT VOUCHERS*

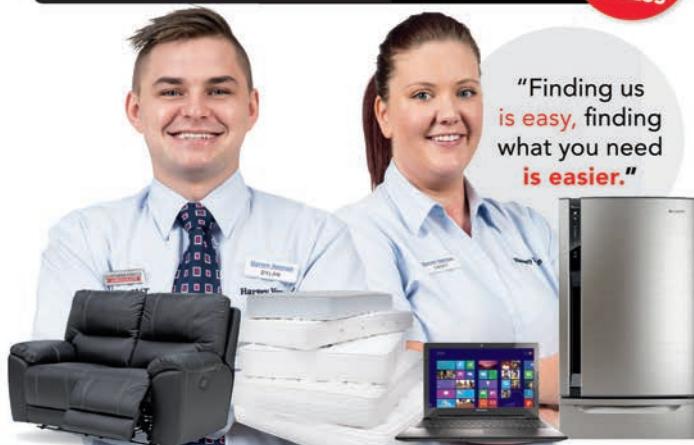
Posturepedic®

*Terms and Conditions apply. Offer ends Saturday, March 17 2018. See in store for full details.

**BRISBANE NORTHSIDE'S
BEST KEPT
SECRET**

Your one stop shop for
all your home needs!

FREE
PARKING,
EASY
ACCESS

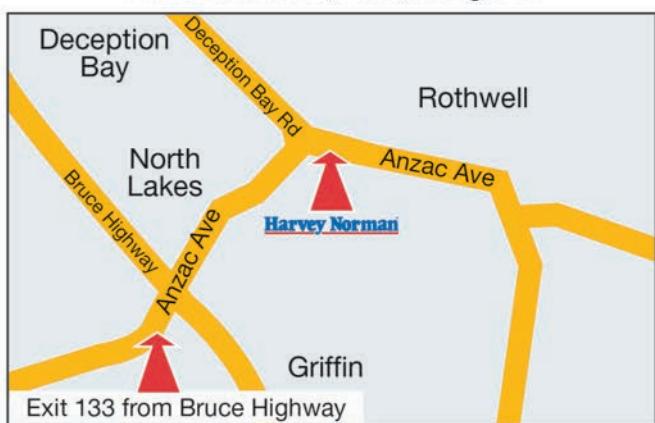


Harvey Norman®

ROTHWELL

CLOSEST STORE TO SERVICE:

Redcliffe, Rothwell, Deception Bay, Scarborough, Clontarf, Woody Point, Narangba, North Lakes, Kallangur, Griffin, Murrumba Downs, Petrie, Mango Hill

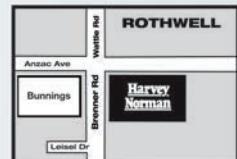


• ELECTRICAL • COMPUTERS • FURNITURE • BEDDING • FLOORING

Harvey Norman®
SHOP with CONFIDENCE

Harvey Norman® stores are operated by independent franchisees.

ROTHWELL
439-443 Anzac Avenue, 3897 8800
harveynorman.com.au



FLAG EXCITING NEW PRODUCTS

AVAILABLE AT HARVEY NORMAN ROTHWELL

\$9896

LG (65") 165cm 4K Ultra High Definition[#] Signature Smart OLED Wallpaper Television with 4.2-Channel Dolby Atmos[®] Soundbar. OLED65W7T

**LG SIGNATURE
OLED TV**



HUGE RANGE OF FRIDGES INSTORE



\$5388

Samsung Family Hub 2.0 634L Flat French-Door Fridge.
H177.7 x W90.8 x D74.2cm. SRF630BFH2



SAMSUNG

\$2748

Samsung 'The Frame' (55") 139cm Ultra High Definition[#] Smart LED LCD Television.

UA55LS003AWXXY



SAMSUNG
THE FRAME
4K ULTRA HD TV

ALWAYS THE LATEST TECHNOLOGY

\$3461

LG 16kg Washer/
9kg Dryer Combo
with 2.5kg MiniWasher.

With LG's TWINWash™, you can put that small, urgent load on whenever it comes up, or wash those delicates at the same time as your main laundry load. WELS 4 stars, 164L/wash on Cotton 40°C programme. TWIN171216T



Harvey Norman®
SHOP with CONFIDENCE

ROTHWELL

439-443 ANZAC AVENUE,
CALL 3897 8800 OR VISIT HARVEYNORMAN.COM.AU

Harvey Norman[®] stores are operated by independent franchisees. Ends 28/01/18.
#Ultra High Definition not broadcast on Free-To-Air or Pay TV in Australia.

THE Messenger

Now in its twelfth year, the Messenger is your free weekly publication. Wholly owned, operated and produced locally. Proudly independently published.

ABN 129 5493 7979.

ADVERTISING

For all advertising rates, specifications, templates conditions and bookings please contact our advertising department on **3881 3322** Tuesday to Thursday. Other times please call **0488 112 822** or email: adz@northlakesmessenger.com.au

Please note:

- Business hours are week days 9am to 5 pm.
- All advertising is to be pre-paid.
- Advertising deadline is 12 midday Wednesday one week prior. Incomplete art due Tuesday midday one week prior.

Payments

Payments or accounts please call Nick on **1300 300 608** Monday to Thursday or email: accounts@northlakesmessenger.com.au

Credit Cards & Direct Deposit:

Bank of Queensland
BSB: 124185
A/C: 20169347

Cheques:

PO Box 127 North Lakes, QLD 4509

NEWSROOM/EDITORIAL/SUBMIT A STORY

The Messenger is dedicated to the community and we welcome contributions from residents, community groups, schools, sporting groups, the private sector and institutions of higher education. Email reports and pictures to Editor Dan Fidler via:
editor@northlakesmessenger.com.au

DISTRIBUTION/DELIVERIES/REQUEST COPIES

For all distribution enquiries and requests please contact our Distribution Manager, Ali Hunt via:
distribution@northlakesmessenger.com.au

OTHER CONTACTS

For the Community Notice Board and Your Say please email: community@northlakesmessenger.com.au observing the requisites and disclaimers printed on their relevant pages.

DISCLAIMER

Not all opinions expressed in this publication are necessarily those of the publishers. No responsibility is taken by the Messenger for any errors, misleading information or the validity of the advertising content. The articles, information and anecdotes are not necessarily the original work of the editor or writers.

INDEMNITY

By advertising or submitting with the Messenger you agree to indemnify the publication, its staff and owners, against any claims.

The Messenger would like to acknowledge the traditional owners and elders of the lands and waters within the Moreton Bay Region and surrounds, both past and present.



*Don't Settle
for Anything Less*

Conveyancing | Wills & Estates | No Win - No Fee

NORTH LAKES

Unit 3, Evergreen Lifestyle Centre
14-18 Discovery Drive
North Lakes

Ph: 3284 5093
www.gkslaw.com.au

REDCLIFFE

Level 1, Blue Water Square
20 Anzac Avenue
Redcliffe



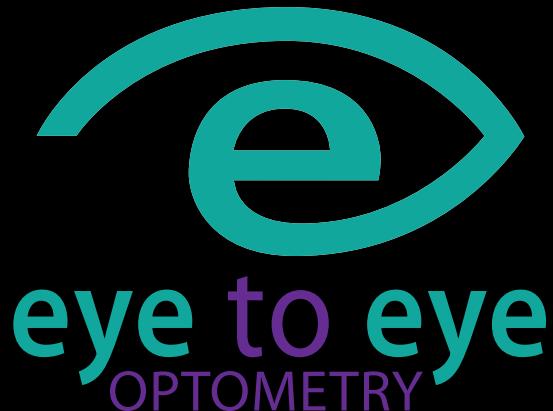
COCO★SONG

THE MOST BEAUTIFUL FRAMES
IN THE WORLD



ALL COCO SONG 30% OFF

AVAILABLE AT EYE TO EYE OPTOMETRY



Ph 3482 3766
www.eyetoeyeoptometry.com.au
Located at Woolworths end of Westfields North Lakes

BULLYING: HOW TO DEAL WITH THIS COMPLEX ISSUE

The line between bully and bullied is blurred.
The bullies are often bullied themselves



More than 817,000 young Queenslanders returned to school recently. Sadly, it's not always an exciting return for our youngest. For victims of bullying, inside and outside of school, it can be a daunting return.

Bullying is a complex issue that can take many forms and as we've seen in the media in recent years, can have tragic circumstances.

While parents may feel it's an issue they have to tackle, and the student themselves feel helpless, recent bullying research shows the need for a greater, national, response to tackle this complex issue.

A survey of Australian kids by Yourtown (A national Kids Helpline and Parentline) showed that more than half who admitted they engaged in potentially cyberbullying behaviour also believed they were being cyberbullied and suggested the need for a national response, coordinating actions and programs to tackle the issue.

According to Yourtown/Kids Helpline's Head of Strategy and Research John Dalgleish, the survey revealed enlightening results with socialisation identified as a key contributor to bullying.

"We found the line between bully and bullied is blurred with 52% of respondents who said they engaged in potential cyberbullying behaviour being cyberbullied themselves," Mr Dalgleish said.

"Many of the young people engaging in cyberbullying also said they did so in an attempt to seek justice for the abuses they had received."

"This suggests cyberbullying takes place because of breakdowns in peer relationships. It also highlights that education is exceptionally important to give our kids the skills to develop and maintain respectful peer relationships and learn legitimate pathways to achieve meaningful conflict resolution."

Of those that were cyberbullied 58% reported experiencing cyberbullying weekly or more frequently. Name calling (77%), rumours (71%) and exclusion (65%) were the most commonly

reported forms of cyberbullying.

Encouragingly, 79% of young people had told someone about being cyberbullied with friends (56%), and parents and carers (43%) the most common confidants.

"This demonstrates how important it is that we encourage and support parents and carers to have conversations with their children. While only two out of five young people disclosed the bullying to their parents, of those that did 87% found the conversation helpful," Mr Dalgleish said.

"A critical part of your response is to avoid jumping in to solve the problem"

In 2017, Yourtown responded to 959 specific cases of cyberbullying and 151 of them were from young Queenslanders. The most common age group is 12-14 year olds, but also a significant number from 15-17 year olds. It also responded to 3111 contacts nationally with concerns about online activity and texting, with 496 of these coming from Queensland. More concerning is that in 2017 yourtown responded to 10,636 contacts with suicide related concerns. This was a 22% increase from 2016.

Premier Annastacia Palaszczuk agreed with Yourtown's results and called a roundtable resulting in The Queensland Government approving new measures to tackle bullying and cyberbullying and their devastating effects on young lives in Queensland.

"No longer can a "bad day" at school be left behind at the school gates. Through social media platforms, school yard taunts and harassment can follow students into their home. From the classroom to bedroom, some young Queenslanders feel there is no respite from criticism or worse." Premier Annastacia Palaszczuk said

"Imagine receiving - repeatedly - the message "you are not wanted and no one likes you"?

But let's get practical, how parents and carers can respond? *Bullying. No Way!* a group of organisational bodies working together to create learning environments where every student and school community member is safe, supported, respected and valued, suggest these best practices:

If your child talks to you about bullying

Children and young people need to know that they are being heard, that their feelings matter and that their issue will be investigated respectfully. Bullying should be taken seriously.

Listen calmly and get the full story

Your calm response is important to allow your child to tell you all about the situation. After they've told you their story, ask questions to get more details if you need to: who, what, where, when.

Your first response when a child tells you of a concern can make a difference to the outcome.

Although you may feel some strong emotions about your child's experience, try to keep calm to avoid more distress to your child.

Reassure your child they are not to blame

Many children blame themselves and this may make them feel even worse.

You could say things like, 'That sounds really hard to deal with. No one should have to put up with that.' or 'I'm so glad you told me. You should be able to feel safe at school; that's not fair at all'.

Ask your child what they want to do and what they want you to do

A critical part of your response is to avoid jumping in to solve the problem.

While it is natural to want to protect your child, helping them to find their own solution is a better option. It helps them feel they have some power in the situation.

You don't need to be alone with bullying, help is often on hand from someone you know. You can talk to a teacher, guidance officer or school counsellor or someone in your family - aunt, uncle, grandparent or there may be a friend who could help you.



ATLANTIS POOL SERVICES



**COME AND SEE US FOR ALL
YOUR POOL & SPA NEEDS**



Like us on
Atlantis Pool Shop North Lakes

**ENJOY GOOD CLEAN FUN
IN YOUR CRYSTAL CLEAR
POOL THIS SUMMER**

**UNIT 4, 14 BURKE CRES.
NORTH LAKES**

Operating Hours

Mon to Fri **8am to 5pm**

Sat **8am to 2pm** / Sun **9am to 1pm**

PH: 3491 9700

Paul 0418 712 909

Prevention is better than Cure!

Australian Standards state that all homes should have at least annual timber pest inspections. Termites are destructive and can destroy a property within a matter of weeks if undetected. Without regular timber pest inspections homeowners could be at risk of termites gaining concealed entry and working their way through the home.

Sandgate Pest Control specialise in termite treatments and control. By booking a timber pest inspection with one of Sandgate Pest Control's experienced technicians you will be able to determine if your home has any current termite issues.

A technician will spend time checking all the accessible timbers throughout the home including the roof void and property boundaries. They will also use a moisture meter on all accessible walls to detect any excess moisture. A full report is given detailing all findings and or recommendations including a quote for termite protection to your home to prevent future termite attack.

To inspect and protect your home call Sandgate Pest Control on 3269 6198 and visit our website for more information www.sandgatepest.com.au



SANDGATE PEST CONTROL

the termite specialists



QBCC Lic No: 108 7905



Ph 3269 6198

admin@sandgatepest.com.au.

www.sandgatepest.com.au

WIN!

The Manganiyar Seduction is an incredible show and the Messenger is celebrating its arrival with two awesome prize packs.

Both prize packs, each with four A-Reserve tickets, are for the Thursday 1 March show, 8.00pm at QPAC Concert Hall. The tickets are valued at \$114 each, for a total prize pool of \$912!

To enter, email comp@northlakesmessenger.com.au with *Manganiyar* in the subject line and tell us how many cubicles are used in the show.

The two winning entries will each receive four A-Reserve ticket packs valued at \$456, so you can take friends or family along.

Get your entries in before Thursday February 26 at 5pm. Correct entries will be chosen at random, don't forget to include your contact details so we can let you know if you've won. **Good luck!**

Privacy: The Messenger complies with the Australian Privacy Act 1988 in safeguarding your privacy. Information submitted by you is used only for purposes of the competition. Your information is not kept on file, collated or distributed in any way.



THE MANGANIYAR SEDUCTION

One of the most original and mesmerising live performances on earth is headed for Brisbane... and we've got tickets to win

The Manganiyar Seduction is a visually activated, musically energised masterpiece, and it's coming to Brisbane for the very first time.

40 musicians from three generations of Manganiyars gradually appear in 36-windowed 'jewel box'. As they join, the music and mood builds to an epic crescendo. This is the music of the Manganiyars, a caste of desert musicians from the heart of the Thar Desert in Rajasthan. Playing only two shows

in Brisbane, prepare to be mesmerised and uplifted.

The Manganiyar Seduction will be presented twice only in Brisbane, on Thursday and Friday, March 1 and 1, 2018 at 8pm at the QPAC Concert Hall (adjoining South Bank).

Tickets start at \$99, with family priced group tickets available starting at \$249, and are available now via www.qpac.com.au or by calling 136 246.

get your smile on – no regrets

express orthodontic treatment
with a difference

are you right
for ethos lite?
download our self-diagnostic
orthodontic app – FREE!
smileseekerapp.com.au



If life didn't give you a great smile, **ethos™** can. And it can be quicker and simpler than you think with **ethos™** lite for less-complicated orthodontic cases. In just 6–9 months and with minimal hassle, you could be wearing your new smile. It's all the benefits of specialist orthodontics for lasting oral health plus the full **ethos** experience – but faster. Why wouldn't you be smiling?

ethoslite.com.au | 07 3349 5266

NO REFERRAL NECESSARY

ethos™ lite
express treatment for simple cases
by **ethos™** orthodontics

Why choose **ethos**?

- Adult orthodontic specialists
- Highly skilled team
- Superior treatment options

- Flexible appointment times and payment plans
- Relaxing treatment environment
- 9 convenient locations

ETH6050-L-MSN33

CALLING ALL QUEENSLANDERS

To an unmissable game of Queensland Great vs Queensland Great - A Night with Cameron Smith and JT

On February 23 there's a footy event that will make your maroon blood glow brightly, it's the clash of Queensland great against Queensland great, at a place where history is forged – it's the Cameron Smith and Johnathan Thurston Testimonial Match at Suncorp Stadium.

Players like Cameron Smith and Johnathan Thurston come along only once in a lifetime, and when they do, it's reason to gather. And gather we will when League legends Smith and Thurston will be recognised for their incredible contribution to Rugby League in a special testimonial match to be played ahead of the 2018 season.

Smith's Melbourne Storm will take on Thurston's North Queensland Cowboys at their beloved Suncorp Stadium next year. It will be the first time the teams have faced each other since the 2017 NRL Grand Final, in which Smith's Storm won 34-6 over a Cowboys side playing its second Grand Final in three years, after losing co-captain Thurston to a season-ending shoulder injury in Origin II.

It will also mark the start of Thurston's final year in the NRL. The match will provide fans with an opportunity to pay tribute to two living legends, and will also be a chance for both Smith

and Thurston to thank the fans who have supported them throughout their careers, ahead of what is set to be a memorable season for both.

Proving they're legends off the field as well, Smith and Thurston have announced three charities as official partners for the event, they are the Cowboys Community Foundation supported 'NRL Cowboys House', Ovarian Cancer Australia and Prostate Cancer Foundation. Both players' dedication to Rugby League is matched only by their commitment to giving back to the community so they are thrilled to be able to support these charities with a portion of ticket sales being donated to all three.

So, if you know what it feels like to bleed maroon, and are proud to call Queensland home, then this is the one game you must witness in 2018.

Tickets are available via Ticketek.com.au or 132849. The match will also be broadcast (exclusively) on Fox Sports or you could ...

WIN! TICKETS



The Messenger has two double passes to the Cameron Smith and Johnathan Thurston Testimonial Match at Suncorp Stadium and we want them to go real, maroon blooded, fans.

There are two prizes to win, each with two tickets valued at \$29 for the Friday February 23 match at Suncorp Stadium, with kick off at 7pm. The total prize pool is worth \$116.

To win a night a with Cameron Smith and JT email comp@northlakesmessenger.com.au

with "I bleed maroon" in the subject line, before 5pm Friday February 16, 2018. Be sure to include your contact details so we can let you know you've won.

GOOD LUCK!

Privacy: The Messenger complies with the Australian Privacy Act 1988 in safeguarding your privacy. Information submitted by you is used only for purposes of the competition. Your information is not kept on file, collated or distributed in any way.

An advertisement for Ethos Orthodontics. On the left, a young boy with short brown hair is smiling and looking at a smartphone he is holding in his hands. He is wearing a light blue t-shirt. To the right of the boy is a large, stylized graphic of a thought bubble containing various icons: a heart, a camera, a video game controller, a thumbs-up, a lightning bolt, and a tooth. Below this graphic is a green circle containing the text 'are you right for ethos lite?' and 'download our self-diagnostic orthodontic app - FREE! smileseekerapp.com.au'. At the bottom of the ad, there are three contact details: 'ethosorthodontics.com.au', '07 3886 5129', and 'NO REFERRAL NECESSARY'. The overall background is a bright blue color.

imagine
what's possible
with a smile

embrace™ life

You need to get your teeth straight and you want a great smile but you also want a life – right? At **ethos™** we do the serious work but keep it fun for kids and teens too. We're specialists in **clear** and **coloured braces** and **Invisalign Teen®**. It's all about embracing life – now and in the future. So don't stress. Think of all the things to smile about!

Why choose ethos?

- Children and teen orthodontic specialists
- Highly skilled team
- Superior treatment options

NO REFERRAL NECESSARY

ethosTM
orthodontics

Why choose ethos?

- Children and teen orthodontic specialists
- Highly skilled team
- Superior treatment options

- Flexible appointment times and payment plans
- Relaxing treatment environment
- 10 convenient locations

ETH0650-Y-MSNG1



St Benedict's College teachers Amanda Robinson and Prudence Lowry get cheesy

LOCAL TEACHERS GET CHEESY IN THE CLASSROOM

St Benedict's College teachers Amanda Robinson and Prudence Lowry (pictured above) 'wheeyed' up their lesson plans, after taking part in the RNA Teachers' Cheese Making Workshops at the Brisbane Showgrounds last week.

Joining peers from 14 Brisbane and regional schools the teachers took a class on how to make both blue and white mould cheeses.

The aim is to take these new skills and knowledge back to the classroom to share with their students, who will then enter the Royal Queensland Show's Student Made Cheese Competition in June.

It's a fun and practical way for students to learn. For students entering the competition the six week process will give them a better understanding of, and appreciation for, commercial food production.

2017 BEST EVER YEAR FOR QUEENSLAND EXPORTS

Queensland earned a record \$69.6 billion from exports last year, increasing our state's exports faster than the national average, up by \$14.3 billion from the \$55.3 billion recorded in 2016.

One in every four dollars Australia earns from exports is generated in Queensland.

Premier Annastacia Palaszczuk said the increase was due a focus on trade, targeting new opportunities and strengthening existing markets in conjunction with business and industry

"Developing our export markets around the world is critical to creating jobs and opportunities for Queenslanders. Since the 2015 election, the Government has worked with business and industry to create 143,400 new jobs," the Premier said.

CITY SCHOOLS TO BRING ARTS ED TO REGIONAL QUEENSLAND

Queensland Music Festival is calling out to large, metropolitan Queensland schools to help take high quality arts performances to students in rural and remote classrooms through its Youth Touring program's new Outreach initiative.

Regional schools often face challenges accessing high quality arts education experiences because of their geographic remoteness, school size and financial pressures on school resources. But now, schools that

participate in Youth Touring's initiative can enable smaller regional and remote schools to access a performance from QMF's 2018 Youth Touring lineup.

Programs such as Youth Touring are an incredibly effective way of enhancing student engagement in key learning areas, with a cross-curricular focus which provides links to STEAM (Science, Technology, Engineering, Arts, and Maths) as an integrated approach to education.

Schools wishing to participate in the Outreach initiative can contact Queensland Music Festival's Youth Touring team on 07 3010 6623 or by emailing youthtouring@qmf.org.au.

WAR DOGS MEMORIAL UNVEILED

Okay, so this one is a bit of a hike but for those with a personal connection or who are interested in the history of contribution of Australia's War & Service dogs, it will be worth the drive to Forest Lake.

Last week, representatives from the RAAF Dogs Handlers Association, RSPCA, Australian War Memorial Association, RSL Queensland, veterans, families of veterans, State & Federal Politicians were present to celebrate the unveiling of the bronze War Service Dogs Memorial memorial.

We won't go into too much detail here (you can find out more at www.dogsqueensland.org.au) except to say you can visit the memorial at the Forest Lake RSL.

Summer Sensation Sale

To celebrate summer we're giving away a free Weber with every purchase of a new HAVAL H2 or HAVAL H6.

STOCK CLEARANCE

H9 PREMIUM SUV

**\$34,990
DRIVEAWAY**



STOCK # 500073

H6 PREMIUM SUV

**\$28,490
DRIVEAWAY**



STOCK # 500044

H8 PREMIUM SUV

**\$30,950
DRIVEAWAY**



STOCK # 500004

NISSAN NAVARA STR

**\$19,950
DRIVEAWAY**



STOCK # 224



My Hair Looked a Mess For the Past 5 Years Not Any More ...

I rang them and asked for a FREE style consultation and heres what happened.....

- They sat with me and listened to what I wanted
- Gave me advice on the right choices for my hair
- showed me how to manage it when I washed it myself
- Offered me a FREE wash and blow-dry a week after my service so they could make sure I loved my new colour & style
- Gave me an all-inclusive no hidden costs price before they started my service

Call: 3880 6808

Shop 3/27 Discovery
Drive (the shops
overlooking Lake Eden
North Lakes



Because it's not just a hair appointment ... x

GOODBYE RENT,
HELLO HOME
SWEET HOME

BOQ NORTH LAKES

At BOQ we can help you with your first home sooner than you think. We lend up to 95% of the property value* helping you get on your way sooner.

We're always here to help, no matter what you need, your experienced BOQ manager will personally make sure you're well looked after.



IT'S POSSIBLE TO
LOVE A BANK
NORTH LAKES


Owner-Manager Jeff Walls
📞 0419 642 906 | 3491 9311
✉️ @ jeff.walls@boq.com.au
🌐 facebook.com/boqnorthlakes

* Owner-occupied lending only. Requires Mortgage Insurance (i.e loan underwriting) if the amount borrowed is more than 80% of the valuation of the security property. Bank of Queensland Limited ABN 32 009 656 740 (BOQ) Australian Credit Licence Number 244616. Terms and conditions available at any BOQ branch. Fees and charges apply. BOQ's standard credit assessment criteria apply. Information current at 24/01/2018.



COPING WITH SEPARATION AFTER LONG TERM MARRIAGE

Hello Leonie,

I have recently separated from my husband of 12 years and I don't know what I should be doing or how to cope.

He has said that everything is in his name including our investment property and the cars, so I will get nothing. I can't get him to talk about this or see any reason at all. Even though there is no money owing on the family home or the rental, he says I'm out on my arse and that's it.

I am worried sick about supporting our two sons without out a home or job. I have no income to speak of as we came out from the UK last year and I don't even have any friends or family here. I am all alone and it looks like I will have to start again and rebuild my life from scratch.

I am over weight and this is one of the reasons my husband wants a divorce but I feel bad about it myself. I have no will power and have tried every day to stop overeating.

I am the lowest that I think I have ever been. I hope you can give me some direction.

Dee/Woodside

Well Dee,

I strongly advise you to get legal advice as soon as possible and I suggest that you see someone who specialises in family law. I don't believe that you are without resources and I certainly don't think that you have no claim on the family assets, but you need to get qualified legal advice on how to manage your divorce and division of assets.

When we are going through a crisis such as a separation, we are stressed and often not able to think as rationally as we would under normal conditions. So, in order to protect your best interests, it only makes sense to get good legal representation. Your husband can't bully the Family Law Court and he can't intimidate your legal representation. Believe me; they are used to dealing with this kind of situation.

Dee, I feel that you would benefit from working on your self-esteem and seeing this divorce as an opportunity to rewrite your future. You may be overweight, but that is something that you can change. You may be feeling very lost but that is something that you can change. None of the things that are components of your current crises are terminal. You can rebuild your life and you may be far more powerful than you think.

So my advice is to let the big guns of law get you your share of the property and put some custody arrangements, and perhaps child maintenance in place for your boys. In the meantime, start exploring where you would like this bend in the road to take you. Do you want to return to study? Do you want to get fit and healthy? Do you want to get a job, new friends, and new hobbies?

The best revenge is living well, being all you can be and showing those who would put you down that you are just fine without them. Creating a better life is very self-rewarding. I would encourage you to speak respectfully about the separation with your boys and not to ask them to relay messages. Leave them out of any tug of war because I believe very strongly that children always remember who played dirty and who took the high road during a divorce and children should never be asked to deal with adult issues.

Your sons will have plenty of time as adults to assess their father's character; independent of your perspective or input.

Til next week, Leonie

E-mail: leonieschilling@bigpond.com

Leonie Schilling is a qualified private practitioner at [North Lakes Counselling Services](#)

For appointments please phone 3886 2715 or 0423 653 841

www.northlakescounsellingservices.com.au

Catch Leonie's radio show alternate Mondays at 11.00am on 99.7 Bridge FM



ABOUT LEONIE

Leonie Schilling is a qualified counsellor, Trainer and Assessor, published Author, Columnist, Radio Commentator and Justice of the Peace. Established in 2007, North Lakes Counselling Services has a long history of helping couples and individuals manage their relationships and attain their personal goals.



MATER FOUNDATION

AROUND THE WORLD TRIVIA

RAISING FUNDS FOR MATER STROKE RESEARCH



\$40 PER PERSON
SAT 3 MARCH 6PM-10PM
IN THE CARIBBEAN ISLANDS ROOM,
MON KOMO HOTEL

BOOK NOW

99 MARINE PARADE REDCLIFFE P 3284 6520
WWW.MONKOMOHOTEL.COM.AU | FACEBOOK.COM/MKHOTEL

MON KOMO HOTEL

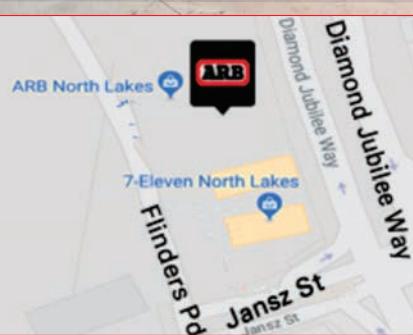
Queensland's FIRST amazing new style

During the Redcliffe Show
TRADE PRICES DIRECT TO THE PUBLIC
AT OUR SHOW STAND ALL WEEKEND
OR IN STORE
Fri 16th & Sat 17th Feb till 1PM

ARB Store



Drop in and say G'day
to Andrew and The Team



ARB 4X4 ACCESSORIES NORTH LAKES

66 Flinders Pde,
North Lakes QLD 4509

Ph: 07 3491 9600

GIVING LOCAL JOBSEEKERS A REAL GO

Helping jobseekers aged 15-24 land the job

Last year, the Federal Coalition Government announced the PaTH program to help equip job seekers with the skills they need to get into the workforce.

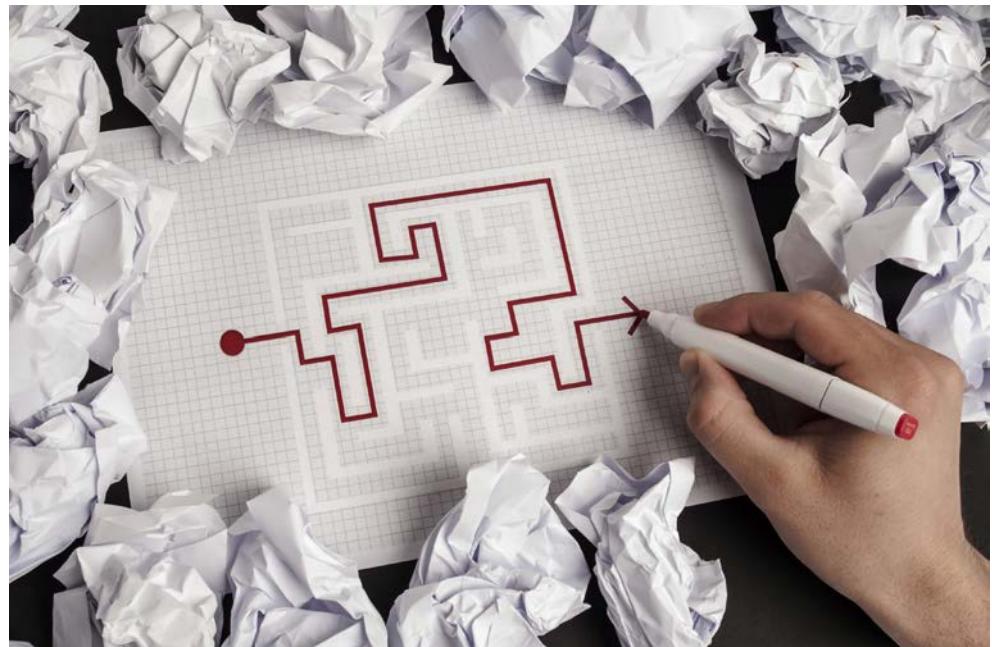
Luke Howarth MP said "I want to help young locals get into a career they want, the PaTH Program helps jobseekers aged 15-24 through the entire process from resume writing to landing the job".

Businesses with current vacancies are being encouraged to speak to their local job service provider about trialling a PaTH Program participant.

"There are great financial incentives available for businesses and participants through the PaTH Program".

Local businesses that take on an intern completing the Trial phase will receive an upfront payment of \$1,000, and young people will receive an incentive payment of \$200 per fortnight on top of their income support payment.

"Last week I spoke in Parliament and highlighted to the House the success of the PaTH Program thus far in the Petrie electorate".



"Locally 285 people have commenced the prepare phase and 164 have been hired, but the great news is only 50 people commenced the trial phase because local businesses wanted to employ them straight away" Mr Howarth said.

The PaTH program has three steps to assist young local job seekers:

- Prepare – over a six week training course, job seekers will learn techniques to help them become employable. Participants will learn how to write a cover letter, interview techniques and what is required

of them in their preferred industry.

- Trial - local businesses and job seekers can trial working together from 4-12 weeks.
- Hire – local businesses that hire a PaTH program participant will receive \$10,000 over six months to help them train our up and coming generation.

If you would like more information about the PaTH Program contact Luke Howarth's office on 07 3284 8008 or luke.howarth.mp@aph.gov.au

ADVERTISEMENT

jobactive PaTH

Getting them ready.

Giving them a go.

Getting them a job.

employment.gov.au/path

LUKE HOWARTH MP
Federal Member for Petrie

Authorised by Luke Howarth MP, 40 Hornibrook Esp, Clontarf Beach QLD 4019.

Youth Jobs
PaTH
Prepare Trial Hire

40 Hornibrook Esplanade, Clontarf Beach QLD 4019
3284 8008 @Luke.Howarth.MP@aph.gov.au
LukeHowarth.com.au LukeHowarthMP

2017 PLATE RUN OUT

LIMITED TIME ONLY

Accent Sport from \$15,870
drive away
16" Alloy Wheels

Kona Range from \$26,870
drive away
5 Star ANCAP Rating



i30 Go from \$20,870
drive away
Rear View Camera

*Highlander model shown for demonstrative purposes only

Lakes  HYUNDAI
North Lakes

GrandPrix  HYUNDAI
Caboolture

(07) 3490 1111 • lakeshyundai.com.au
1 Stapylton St, North Lakes, QLD 4509
(07) 5327 2100 • grandprixhyundai.com.au
89 Lear Jet Drive, Caboolture, QLD 4510

Pool Shop Open



North Brisbane
POOL CARE
Local pool care where it's needed!



Make your pool sparkle this summer. We provide professional advice on all chemicals, equipment and spare part needs.

Come in and check out our new premises at

M Space - Unit 1/88 Flinders Pde North Lakes.

Like us on facebook for all our regular updates
North Brisbane Pool Care



Weekly, fortnightly or monthly servicing.
Book what suits you!



SUPPLIERS & PARTNERS OF
ASTRALPOOL 



Shop Hours
Mon–Fri 8.30am–5.30pm • Sat 8am-2pm • Sun 9am-1pm

www.northbrisbanepoolcare.com.au
e: info@northbrisbanepoolcare.com.au

Phone Duane Hoey
1300 900 038

BECAUSE OF HER, WE CAN!

NAIDOC Week 2018 will celebrate the invaluable contributions that Aboriginal and Torres Strait Islander women have made - and continue to make - to our communities, our families, our rich history and to our nation.

Under the theme - Because of her, we can! - NAIDOC Week 2018 will be held nationally from Sunday 8 July and continue through to Sunday 15 July.

As pillars of our society, Aboriginal and Torres Strait Islander women have played - and continue to play - active and significant roles at the community, local, state and national levels.

As leaders, trailblazers, politicians, activists and social change advocates, Aboriginal and Torres Strait Islander women fought and continue to fight, for justice, equal rights, indigenous rights to country, for law and justice, access to education, employment and to maintain and celebrate culture, language, music and art.

They continue to influence as doctors, lawyers, teachers, electricians, chefs, nurses, architects, rangers, emergency and defence personnel, writers, volunteers, chief executive officers, actors, singer songwriters, journalists, entrepreneurs, media personalities, board members, accountants, academics, sporting icons and Olympians, the list goes on.

Sadly, Indigenous women's role in our cultural, social and political survival has often been invisible, unsung or diminished.



BECAUSE OF HER, WE CAN!

8-15 JULY 2018

For at least 65,000 years, Aboriginal and Torres Strait Islander women have carried dreaming stories, songlines, languages and knowledge that have kept culture strong and enriched Australian indigenous as the oldest continuing culture on the planet.

Aboriginal and Torres Strait Islander women were there at first contact.

They were there at the Torres Strait Pearlers strike in 1936, the Day of Mourning in 1938, the 1939 Cummeragunja Walk-Off, at the 1946 Pilbara pastoral workers' strike, the 1965 Freedom Rides, the Wave Hill walk off in 1966, on the front line of the Aboriginal Tent Embassy in 1972 and at the drafting of the Uluru Statement.

They have marched, protested and spoken at demonstrations and national gatherings for the proper recognition of rights and calling for national reform and justice.

These are women who were heavily involved in the campaign for the 1967 Referendum and also put up their hands to represent their people at the establishment of national advocacy and representative bodies from the National Aboriginal Congress (NAC) to ATSIC to Land Councils and onto the National Congress for

Australia's First Peoples.

They often did so while caring for families, maintaining homes and breaking down cultural and institutionalised barriers and gender stereotypes. They demanded a better life, greater opportunities and - in many cases equal rights - for their children, families and people.

They were pioneering women like Barangaroo, Truganini, Gladys Elphick, Fannie Cochrane-Smith, Evelyn Scott, Pearl Gibbs, Oodgeroo Noonuccal, Celicia Mapo Salee, Thancoupie, Justine Saunders, Gladys Nicholls, Flo Kennedy, Essie Coffey, Isabel Coe, Emily Kame Kngwarreye, Eleanor Harding, Mum Shirl, Ellie Gaffney and Gladys Tybingoompa.

Today, they are trailblazers like Joyce Clague, Yalmay Yunupingu, Evonne Goolagong Cawley, Nova Peris, Carol Martin, Elizabeth Morgan, Barbara Shaw, Rose Richards, Vonda Malone, Margaret Valadian, Lowitja O'Donoghue, June Oscar, Pat O'Shane, Pat Anderson Jill Milroy, Banduk Marika, Linda Burney and Rosalie Kunoth-Monks - to name but a few.

Their achievements, their voice, their unwavering passion give us strength and have empowered past generations and paved the way for generations to come.

27 DISCOVERY DRIVE, NORTH LAKES Visit Us Today - Opposite Lake Eden!

infinity
martial arts

Zambrero
MEXICAN WITH A MISSION

Sp pilates
international

High Tea at Tiffany's
9204 5857

CHA RIM
KOREAN BBQ RESTAURANT

Samantha Jones
HAIR CO

infinity
martial arts

**3 day free trial pass
for all trialists**



Linzen
Driven by Financial Intelligence
LINZEN PROPERTY GROUP

pastaissimo
Italian Cuisine

***Free Parking
*Cafe's & Foodies**

***Hairdressers/Barbers
*Property Services**

***Fitness Studios
*Specialty Groceries**



NEW & USED BIKES • ALL MAKES AND MODELS SERVICED
LOAN BIKES AND SCOOTERS • GOLF CARS • GENERATORS



(07) 3482 3236

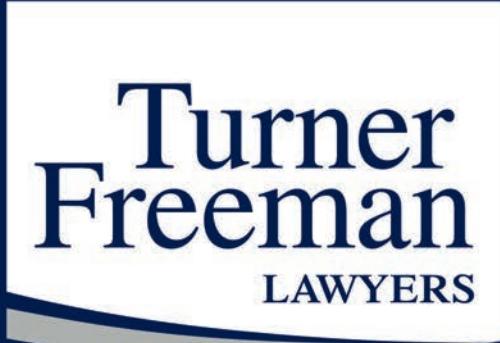
34 FLINDERS PDE, NORTH LAKES Q. 4509

NORTHSTARYAMAHA.COM.AU

SALES@NORTHSTARYAMAHA.COM.AU

KEEP UP TO DATE AND FOLLOW US

- Wills and Estates
- Asbestos Diseases
- Motor Vehicle Injuries



3482 8500



www.turnerfreeman.com.au



Unit 1 / 9a Gregor Street West
NORTH LAKES

"THE SUICIDES
WE CHOOSE
TO IGNORE"



WHY ARE OLDER AUSTRALIANS TAKING THEIR LIVES?

DR ANITA GREEN – BRISBANE NORTH PHN

When we think about suicide and the risk of the suicide, we often think about teenagers and in particular—young men.

However, 2015 data from the Australian Bureau of Statistics shows that men aged over 85 have the highest rate of suicide in Australia and have been labelled "the suicides we choose to ignore" by the Council on the Ageing. So why are older Australians taking their lives?

In an interview with ABC News, Professor Henry Brodaty from the Centre for Healthy Brain Ageing at the University of New South Wales, said many older Australians no longer felt as productive as they once were and had little to live for.

"They may well express to their doctor the view that they don't want care to be prolonged," he said.

"Not because they fear losing their capabilities or their capacities, but because they don't want to impose on the rest of society, it's their sense of responsibility."

Professor Brodaty believes the stoicism and pride of the so-called "greatest generation" are contributing factors here.

Having lived through the Great Depression and World War II, Professor Brodaty said this generation are less likely to see a psychiatrist or receive psychological treatments and "if they do see a doctor for their depression they're more likely to receive medication for that."

"Older people are much more likely to be in pain, which is a risk factor. They're more likely to be isolated and bereaved, which is another risk factor," he added.

Professor Brodaty also commented on the reluctance of many people to enter nursing homes, saying "I see many people in nursing homes who feel that their life is not very full and they even feel imprisoned at times, but feel they have no other options for their care."

If this story has raised issues for you or someone you know, you can get immediate support by calling:

Lifeline: 13 11 14

www.lifeline.org.au

Suicide Call Back Service: 1300 659 467

www.suicidecallbackservice.org.au

beyondblue: 1300 22 4636

www.beyondblue.org.au

MensLine Australia: 1300 78 99 78

www.mensline.org.au

out before I die. I can only hope that I am struck by a bus before I become feeble and can't care for myself."

Sadly, this is not an isolated case and this research clearly shows that people who have not saved enough to support themselves in retirement are depressed or even suicidal.

So what are the solutions to what has been coined an 'epidemic' of suicide among older Australians? In another article written by ABC News, internationally distinguished suicide prevention expert Professor Diego De Leo, said much more needs to be done in Australia to address suicide.

Awarded an Order of Australia for his work in this field, Professor De Leo calls for more coordinated efforts in suicide prevention, including research and creating programs tailored by age and gender. He also believes an impediment to dealing with this issue for older Australians is because "we continue to consider the elderly as less important than young people."

Locally, Brisbane North PHN is leading work to plan and better integrate suicide prevention services into the healthcare system. It has recently produced a guide to services available in North Brisbane and the Moreton Bay region, available for download here: <https://goo.gl/JsGQgn>

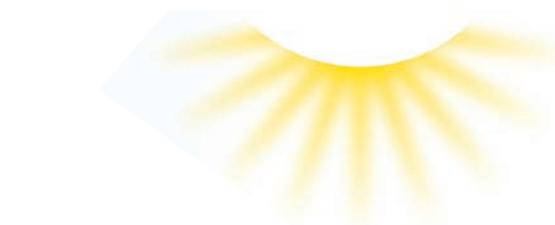
ABOUT DR ANITA

Dr Anita Green is the Board Chair of Brisbane North PHN and has over 30 years' experience as a general practitioner. She has a long-term commitment to the education of medical and allied health professionals and is involved in teaching and research for the University of Queensland. Dr Anita has also been appointed as the Chief Medical Officer for the 2018 Commonwealth Games on the Gold Coast.



shine orthodontics

FOR SENSATIONAL SMILES



www.shineorthodontics.com.au

Orthodontics for the whole family

We are committed to helping you achieve the smile you deserve – a healthy and sensational one.

Individualised treatment, expert care and state-of-the-art techniques.

Evergreen Lifestyle Centre
14-18 Discovery Drive, NORTH LAKES

No referral necessary 3482 4388

Accepting New Patients

INCLUDING WORKCOVER, EPC & DEPT OF VETERAN AFFAIRS

FREE CUSTOMER PARKING

PERSONALISED CHIROPRACTIC TREATMENTS

PROUDLY A MEDIBANK PRIVATE MEMBERS CHOICE PREFERRED PROVIDER

OPEN TIL 7PM ON CHOSEN NIGHTS



DR CADE SUTHERLAND

(Owner & Chiropractor)

13 years' experience

2004 Chiropractic Association of Australia National Graduate of the Year

\$80

INITIAL CONSULTATION

Includes:

- ✓ Complete Chiropractic Assessment
- ✓ Digital Postural Examination
- ✓ First Treatment

OPEN UNTIL 7PM ON CHOSEN NIGHTS

P: 3482 4461

3B/12 NORTH LAKES DRIVE (Opposite Westfield North Lakes)

medibank
members' choice



North Lakes Chiropractic
Complete expression of life

OPERA QUEENSLAND IN 2018

OperaQ's Artistic Director Patrick Nolan dishes on the season ahead - grand opera, cutting edge collaborations and a large-scale regional tour

Last week's sold out Reprise event propelled Opera Queensland (OperaQ) into 2018 with new Artistic Director Patrick Nolan at the helm in what promises to be a season program of grand opera, cutting edge collaborations and a large-scale regional tour.

Reprise was a response to Gerhard Richter: The Life of Images, installed at QAGOMA since mid-October last year and finished the following day. The modern art/modern opera collaboration matched the exceedingly popular installation and paved a remarkable road ahead for outgoing Artistic Director Lindy Hume's final program with OperaQ.

The 2018 season includes two mainstage Brisbane productions - an old-school Hollywood glamour take on Franz Lehár's The Merry Widow and Mozart's classic Don Giovanni, featuring rising international star Duncan Rock.

The 2018 season will also reveal another collaboration with QAGOMA; an exclusive, secretive, project with the Brisbane Festival, with more tantalising details to be revealed later in the year - although judging by the ticket buying response to Reprise, one thing is for sure - get in quick when we let you know about it.

This year, OperaQ will hit the road with an epic regional tour offering everyday Queenslanders the opportunity to perform in an opera.

The Messenger had a chance to speak to Artistic Director Patrick Nolan (pictured right) last week, about the upcoming mainstage productions, the first of which, The Merry Widow, begins in June at the Lyric Theatre.

"It's really beautiful. It's set in the Art Deco period and is a grand spectacle," Mr Nolan said of the production.

"It's about a widow who's in love with a guy who plays hard to get. There are all sorts of mismatches. It's fun, but it's also a really glorious production and Graeme [director and choreographer Graeme Murphy] is using 12 dancers in the show."

"It's a great story and accessible. It's a really good night out," Mr Nolan said.

The stunning new production will see David Hobson (Count Danilo) and Natalie Christie Peluso (the Merry Widow) seduce the audience in a light-hearted tale of love, misunderstandings and hidden agendas. They will be joined by OperaQ favourites Katie Stenzel, Jason Barry-Smith, Shaun Brown and Virgilio Marino, performing a new English Libretto by Justin Fleming, under the baton of Vanessa Scammell.

Later in October, Lindy Hume will direct a powerful new production of Mozart's dark and dangerous opera Don Giovanni at The Playhouse, QPAC, with baritone Duncan Rock in the title role. Raised in Perth, Rock has been making his mark on the world's opera scene in recent years, including several successful outings as Don Giovanni.

"It's one of the great Operas. I think everyone knows the story of Don Giovanni as one of the great seducers. Lindy Hume is directing this one and she's setting it in the turn of the 20th century London, the time of Jack the Ripper," Mr Nolan said.

"It's a very interesting story given the sexual politics that have emerged in the last few years. I think she's going to really explore that whole idea of gender, space, identity and who has the right to do what, and to whom."

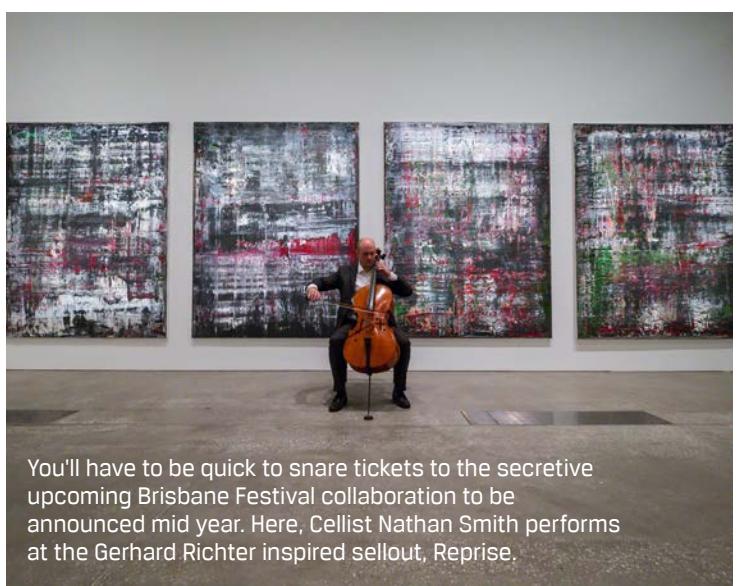
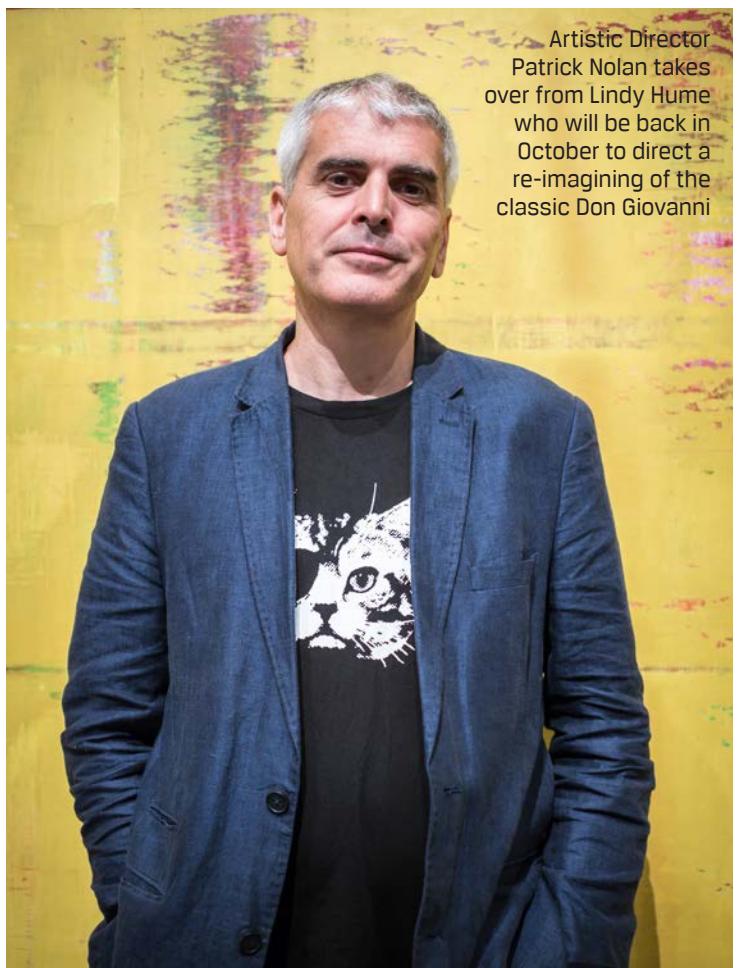
"She's going to ask a lot of good questions that need to be asked. But it's also Mozart, so it's some of the most sublime music you'll ever hear."

For younger audiences, OperaQ is touring our schools across the state with a production of Hansel & Gretel, co-created with Shake & Stir Theatre Co, while Brisbane audiences will be treated to an OperaQ collab with Queensland Theatre's Youth Program, producing new work based on Purcell's Dido and Aeneas.

There will also be plenty of workshops for kids and grown-ups to enjoy glitteringly opening night soirees and of course, world class productions all within Ubering distance. It's going to be a great year.

For more information on the 2018 season and tickets, visit www.operaq.com.au

OperaQ launched the 2018 season with a modern art/modern opera collaboration with QAGOMA. Here, Paul Grabowsky and ARIA award-winning artist Megan Washington perform The Richter Songs.





afa
australian financial advisers

Evergreen Centre,
Unit 8, 14 Discovery Drive, North Lakes

3385 0565

Australian Financial Advisers

- ❖ Budgeting for the Family & Your Lifestyle
- ❖ Paying down your Mortgage & Bad Debt
- ❖ Understanding Tax
- ❖ Creating Long Term Income & Wealth
- ❖ Retirement & Super Simplified
- ❖ 27 yrs of providing Financial Advice

www.afafp.com.au



Call now to organise an appointment with Craig Fenton.
Initial Cost is an investment of your Time to find out what's possible!

3385 0565

Email:ls@afanorthlakes.com

Fenton Financial Management Pty Ltd T/A Australian Financial Advisers and Craig Fenton are Authorised Representatives of GWM
Adviser Services Limited ABN 96 002 071 749, an AFSL, Registered Office at 105-153 Miller Street, North Sydney NSW 2060

Robyn Hampton Family Lawyer

STRONG, COMPASSIONATE
GUIDANCE FOR FAMILY LAW
MATTERS AND MORE!!

Call our friendly staff to arrange an
initial consultation.

P 07 3204 4388

1467 Anzac Avenue, Kallangur Qld 4503



Family Law Wills and Estates Conveyancing Criminal Law

F 07 3204 4485

E reception@heffordlawyers.com.au

W www.heffordlawyers.com.au

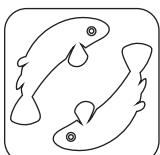
 **HEFFORD
LAWYERS**



YOUR STARS



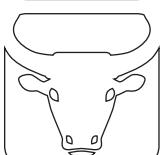
Aquarius Jan 21-Feb 19: A newbie colleague reminds you of you at an earlier stage of the game. Give the kind of guidance you wish that someone had shown you.



Pisces Feb 20- March 20: There's something to be said for out of sight, out of mind. Too much thought to intangibles takes away from the things that matter.



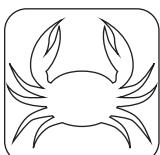
Aries March 21-April 20: What you want is doable, but it won't happen overnight. Think of doing things in stages and you'll improve your reach.



Taurus April 21-May 21: You may be misreading terse responses. Admittedly you're not dealing with the most demonstrative kind of person, but a yes is still yes no matter how curt.



Gemini May 22-June 21: Let rivals crow about their supposed triumphs because you're on the inside track. Weeks from now they'll be the ones eating humble pie.



Cancer June 22- July 23: Expect to spend a lot of time today untangling a snafu. It would try anyone's patience, but it still beats starting over.



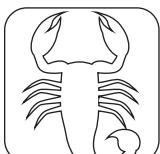
Leo July 24-Aug 23: Did you expect too much or was waiting for a response an unconscious form of procrastination? In any case the reins are handed back to you.



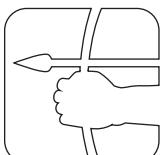
Virgo Aug 24-Sept 23: Before asking an intimate why they didn't come to see you in the first place, reflect on your recent availability. People can only be kept for so long.



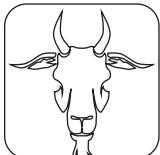
Libra Sept 24-Oct 23: A vision of the way things could be does no good if you won't act on it. Even a stumble is a step in the right direction.



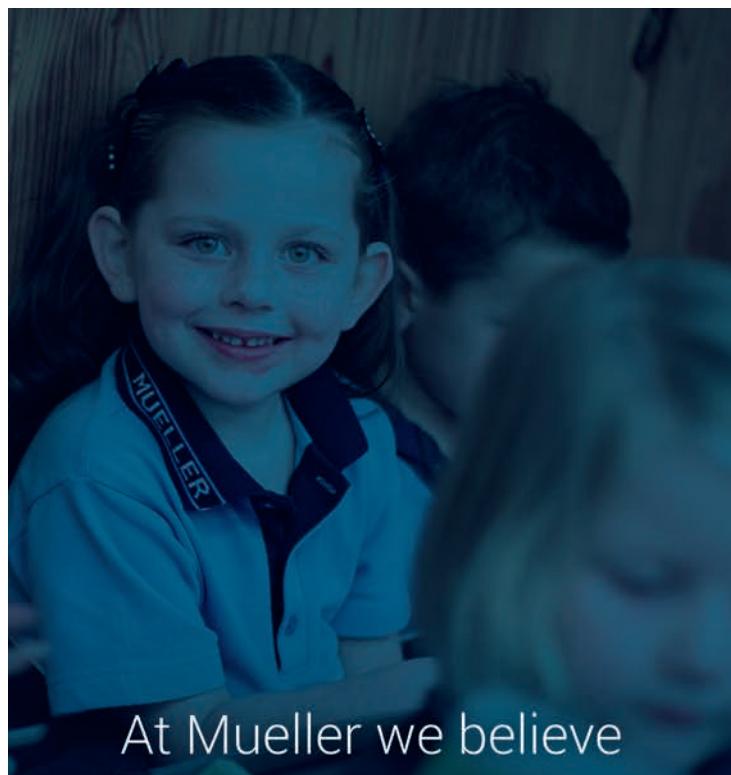
Scorpio Oct 24-Nov 22: In truth you don't like having to play the heavy. Its emotionally draining and you have feelings too. Nevertheless your no nonsense way of putting things is sorely needed.



Sagittarius Nov 23-Dec 21: Your loved one finally gets some good news. What a relief! There's only so much bad news you can take.



Capricorn Dec 22-Jan 20: Usually you don't back long shots, but someone's heartfelt presentation is so impressive that you're willing to make an exception this time.



At Mueller we believe

EVERYONE
BELONGS
AND CAN
CONTRIBUTE TO
community

Contact us today for a tour of our campus to find out why 'everyone belongs' at Mueller.



CHRISTIAN EDUCATION FROM PREP » YEAR 12
75 Morris Road, Rothwell

mueller.qld.edu.au

NINE

6.00 All Change At Longleat.
7.00 Weekend Today. **10.00** Today Extra: Saturday. **12.30** Destination WA. **12.30** Married At First Sight. (PG) **2.00** Married At First Sight. (PG) **3.30** Living The Dream. (PG) **4.30** Dream Job. **5.00** News. **5.30** Getaway. (PG) **6.00** Nine News. **7.00** David Attenborough's The Blue Planet II. (PG) **News. 8.10** Movie: San Andreas. (PG) (2015) Dwayne Johnson, Carla Gugino. A rescue helicopter pilot searches for his daughter. **10.30** Movie: Into The Storm. (M) (2014) Richard Armitage. **12.10** Person Of Interest. (M) **1.00** My Surf TV. **1.30** Destination WA. **2.00** TV Shop. **2.30** The Brokenwood Mysteries. (M) **3.30** Global Shop. **5.00** TV Shop. **5.30** Wesley Impact.

GO!

6.00 Children's Programs. **1.00** Beyblade Burst Evolution. **1.30** Yo-Kai. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Turning Mecard. (PG) **3.00** Gumball. (PG) **3.30** Ben 10. (PG) **4.00** Teen Titans. (PG) **4.30** Steven Universe. (PG) **5.00** Clarence. (PG) **5.15** Movie: The SpongeBob SquarePants Movie. (G) (2004) **7.00** Movie: Shrek Forever After. (PG) (2010) **8.50** Movie: The Hunger Games: Mockingjay – Part 2. (M) (2015) **11.30** Balls Of Steel Australia. (MA15+) **12.00** Adult Swim. (MA15+) **12.30** Titan Maximum. (MA15+) **1.00** Pompidou. (PG) **2.00** Top Gear. (PG) **3.00** Yo-Kai. (PG) **3.30** Young Justice. (PG) **4.00** Yu-Gi-Oh! (PG) **4.30** We Bare Bears. (PG) **4.50** Wild Kratts. **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **10.00** Winter Olympics. PyeongChang 2018. Day 8. **5.00** Creek To Coast. **5.30** Qld Weekender. A look at travelling around Queensland. **6.00** News. **6.30** Winter Olympics. PyeongChang 2018. Night 8. **12.30** Aquarium. (M) The Black Panthers impede an investigation into the murder of an African-American woman. **1.30** Harry's Practice. Information about pet care. **2.00** To Be Advised. **2.30** Shopping. **4.00** Sons And Daughters. (PG) David discovers old loves die hard. **4.30** Sons And Daughters. (PG) Wayne receives another death threat. **5.00** The Great Outdoors. Join music legend John Farnham and his family on holiday in Canada's ski fields.

TEN

6.00 I Fish. **7.00** RPM: Summer Series. **7.30** Everyday Gourmet. **8.00** Family Feud. **8.30** Weekend Feast. **9.30** St10. (PG) **12.00** The Living Room. **1.00** The Home Team. **1.30** Travels With The Bondi Vet. **2.00** The 48 Hour Destination. **2.30** 30-Min Meals. **3.00** Cook's Pantry. **3.30** A Taste Of Travel. **4.00** What's Up Down Under. **4.30** Escape Fishing. Return. **5.00** News. **6.00** Bondi Rescue. (PG) Bondi experiences an influx of visitors. **6.30** Bondi Rescue. (PG) A Nepalese tourist is in trouble. **7.00** To Be Advised. **8.00** To Be Advised. **9.00** Movie: Starsky & Hutch. (M) (2004) Ben Stiller, Owen Wilson. Two cops investigate a drug-running cartel. **11.00** 48 Hours. (M) **1.00** Shopping. **4.30** The Table. **5.00** Hour Of Power.

ABC

6.00 Rage. (PG) **10.00** Rage. (PG) **11.00** Think Tank. (PG) **12.00** ABC News At Noon. **12.30** One Plus One. **1.00** Golf. ALPG Tour. Women's Australian Open. Third round. From Kooyonga Golf Club, Adelaide. **6.00** QI. (PG) **6.30** A Taste Of Landline. **7.00** ABC News. **7.30** Death In Paradise. (M) **8.30** Delicious. (M) **9.15** River. (M) **10.15** Silent Witness. (M) **11.15** Miss Fisher's Murder Mysteries. (M) **12.25** Rage. (MA15+) **5.00** Rage. (PG)

SBS

6.00 WorldWatch. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** Small Business Secrets. **2.30** Figure Skating. ISU Four Continents Championships. Men's and ice dance competitions. **4.00** Destination Flavour Scandinavia. **4.30** First Britons. **5.30** The Supervet. (PG) **6.30** News. **7.30** Engineering Space. **8.25** Engineering Space. Final. **9.20** Movie: The King's Speech. (2010) **11.25** Movie: X-Y. (M) (2014) **1.25** Adam Looking For Eve. (MA15+) **2.15** Adam Looking For Eve. (MA15+) **3.05** Adam Looking For Eve. (MA15+) **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

MOVIES
6.10pm The Fate Of The Furious (2017)
Action. Vin Diesel, Dwayne Johnson. (M) Premiere
8.30pm Horrible Bosses 2 (2014)
Comedy. Jason Bateman, Jason Sudeikis. (MA15+) Comedy
10.25pm The Heat (2013) Comedy. Sandra Bullock, Melissa McCarthy. (MA15+) Comedy

GENERAL
8.30pm Man In An Orange Shirt. BBC First
8.30pm Empire. (MA15+) FOX8

DOCUMENTARY
7.30pm Giants Of The Deep Blue. (PG) National Geographic Wild
8.30pm Where The Wild Men Are With Ben Fogle. (PG) BBC Knowledge
9.30pm Unseen. (M) Crime & Investigation

SPORT
7.30pm Rugby League. International Friendly. South Sydney Rabbitohs v Wigan Warriors. Fox League
7.30pm Football. AFL Women's. Round 3. Carlton v Brisbane Lions. Fox Footy

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

1702

FEBRUARY & MARCH MEAL DEALS!



SUNDAY NIGHTS

KIDS EAT FREE

*With any adult main meal purchased from Banyan Restaurant & Deck

MONDAY NIGHTS

SCHNITZEL & FREE TOPPER

200^{gm} Chicken Schnitzel

Served with beer battered chips & garden salad PLUS... a Hawaiian, Parmy or Ozzie topper!

\$14.90 members
\$16.90 non-members

TUESDAY NIGHTS

RUMP NIGHT

200^g Rump

Served with choice of sauce, beer battered chips & garden salad.

\$14.90 members
\$16.90 non-members



SUNDAY NIGHT BURGER SPECIAL
Buy any burger and receive the second burger half price* Every Sunday from 5pm



NORTH LAKES SPORTS CLUB

Conditions apply. *Indicates members only special. Available 1/2/18 – 31/3/18.

www.northlakessports.com.au





WHAT'S ON

Easily submit your event on our homepage www.northlakesmessenger.com.au Please direct questions about this free service to editor@northlakesmessenger.com.au

BLACK IS THE NEW WHITE (POWERFUL THEATRE)

Date: 1 to 17 February 2018

Location: Playhouse at QPAC, South Brisbane

Black is the New White is the powerful stage story with star studded line-up, set to open Queensland Theatre's 2018 on February 1.

It's an astute and questioning social comedy on identity, politics and family that blends Guess Who's Coming to Dinner? with Meet the Fockers. Black is the New White sold out its world premiere season at Sydney Theatre Company in 2017 - a triumph for Queensland Theatre's Associate Artistic Director Paige Rattray, writer Nakkiah Lui and designer Renée Mulder. Now it's coming to Brisbane. TICKETS: 1800 355 528 or queenslandtheatre.com.au

FEB 1-17

CALLING ALL QUEENSLANDERS - CAMERON SMITH & JOHNATHAN THURSTON TESTIMONIAL MATCH

Date: February 23

Time: Kick off 7pm

Location: Suncorp Stadium

Players like Cameron Smith and Johnathan Thurston come along once in a lifetime, and when they do, it's reason to gather. On February 23 Australian, Queensland and Melbourne Storm and North Queensland Toyota Cowboys legends, Smith and Thurston will be recognised for their incredible contribution to Rugby League in a special testimonial match to be played ahead of the 2018 season. Smith's Storm will take on Thurston's Cowboys at their beloved Suncorp Stadium next year, the start of Thurston's final year in the NRL. It will be the first time the teams have faced each other since the 2017 NRL Grand Final, which Smith's Storm won 34-6 over a Cowboys side playing its second Grand Final in three years after losing co-captain Thurston to a season-ending shoulder injury in Origin II. Tickets via ticketek.com.au

FEB 23

BRISBANE COMEDY FESTIVAL

Date: Friday 23 February - Sunday 25 March 2018

Location: Various

Cost: Varies, see website.

Brisbane will be plunged into hysterics when the city's largest ever lineup of the best Aussie and international acts lay comical siege to three venues – Brisbane Powerhouse, Brisbane City Hall and new venue SunPAC – as part of Brisbane Comedy Festival 2018.

The ninth instalment of Australia's fastest growing comedy festival will bring more than 70 stellar comedians to Brisbane. Leading the pack of international laughter masters are Jim Gaffigan, Irishmen Jimeoin and Des Bishop, Canadian DeAnne Smith, Englishmen Stephen K Amos and Jeff Green, who will be celebrating 30 years on the comedy circuit with a special show. Also on the bill is beloved Kiwis Cal Wilson and Urzila Carlson, Scottish star Daniel Sloss and American Rich Hall, making his long-awaited return.

Tickets are on sale now via brisbanecomedyfestival.com

FEB 23
-MAR 25

THE MANGANIYAR SEDUCTION

Date: March 1 & 2, 2018

Location: QPAC Concert Hall

Cost: 99 - \$124

One of the most original and mesmerising live performances on earth is headed for Brisbane. The Manganiyar Seduction is a visually and musically stunning masterpiece, where 40 musicians from three generations of Manganiyars perform in a 36-windowed 'jewel box', with the songs slowly building to giddy heights. Celebrating the music of the Manganiyars, a caste of desert musicians from the heart of the Thar Desert in Rajasthan, The Manganiyar Seduction will be performed twice at the Queensland Performing Arts Centre on March 1 and 2, 2018.

The Manganiyars are a caste of Muslim musicians who are predominantly settled in the districts of Jaisalmer, Barmer and Jodhpur, in the heart of the Thar Desert. They traditionally performed for Kings, however over the years their patrons have shifted from Kings to people who could give them a meal. More info and tickets: www.qpac.com.au

MAR
1&2

WAVE FESTIVAL

Date: 20-21 April 2018

Location: Brisbane Powerhouse Newfarm Park

Hip Hop, electronic, poetry and new music - Queensland Symphony Orchestra has announced a two-day music festival of collaborations with some of the coolest artists in the country. WAVE Festival 2018 will take place on Friday 20 and Saturday 21 April at the Brisbane Powerhouse, featuring incredible performances with The Kite String Tangle, Horrorshow and more.

The cutting-edge music program will shine the spotlight on contemporary music and Australian composers and music makers. The line-up of stars reads like Music's Most Wanted - Australia's favourite electronic producer and Brisbane local Danny Harley, better known as The Kite String Tangle, highly acclaimed and much loved Hip Hop duo Horrorshow, poet Luka Lesson, composer Heather Shannon (The Jezabels), composer Gordon Hamilton and conductor Sarah-Grace Williams showcase musical collaborations with Queensland Symphony Orchestra. Tickets via www.qso.com.au

APR 20-21

NINE

6.00 The Secret Life Of Growing Up. (PG) **7.00** Weekend Today. **10.00** My Surf TV. **10.30** Patriot Games. (PG) **11.30** Kevin Can Wait. (PG) **12.00** Quolls: Fast And Furious. **1.00** Ultimate Airport Dubai. **2.00** Married At First Sight. (PG) **3.30** Married At First Sight. (PG) **5.00** News: First At Five. **5.30** Customs. (PG) **6.00** Nine News. **7.00** Married At First Sight. (PG) **8.40** 60 Minutes. **9.40** Born To Kill? Class Of Evil. (MA15+) New. **10.40** Killer On The Line. (M) **11.40** House. (M) **12.35** The Mysteries Of Laura. (M) **1.30** My Surf TV. **2.00** Bad Robots. (M) **2.30** Global Shop. **3.00** The Baron. (PG) **4.00** The Avengers. (PG) **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **8.30** The New Looney Tunes. **9.00** We Bare Bears. (PG) **9.30** Teen Titans. (PG) **10.00** Ben 10. (PG) **10.30** Young Justice. (PG) **11.00** Nexo Knights. (PG) **11.30** LEGO Friends. **12.00** Surfing. Australian Boardriders Battle. Day 1. **4.30** Surfing Australia IV. **5.00** Ben 10. (PG) **5.30** Movie: Land Of The Lost. (PG) (2009) **7.30** Big Bang. (PG) **8.30** Celebrity Big Brother US. (M) **9.30** Movie: 22 Jump Street. (MA15+) (2014) **11.45** Big Bang. (PG) **12.15** Adult Swim. (MA15+) **12.45** Mr Pickles. New. **1.15** Westside. (M) **2.05** Top Gear. (PG) **3.30** Surfing Australia TV. **4.00** Young Justice. (PG) **4.30** We Bare Bears. (PG) **4.50** Wild Kratts. **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **10.00** Winter Olympics. PyeongChang 2018. Day 9. **5.30** The Great Day Out. **6.00** News. **7.00** My Kitchen Rules. (PG) The teams travel to Sydney where Russian friends Olga and Valeria are determined to put the food of their motherland on the map. **8.40** Winter Olympics. PyeongChang 2018. Night 9. From Pyeongchang, South Korea. **12.30** Travel Oz. **1.00** The Real Seachange. (PG) Hosted by John Howard. **1.30** Harry's Practice. **2.00** Shopping. **3.30** Harry's Practice. Dr Harry Cooper and Dr Katrina Warren present information about animals and pet care. **4.00** NBC Press. Hosted by Chuck Todd. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Amazing Facts. (PG) **7.00** Tomorrow's World. (PG) **7.30** Leading The Way. (PG) **8.30** It Is Written. (PG) **9.00** Shopping. **9.30** Travel Oz. (PG) **11.00** NBC Today. **12.00** The Great Outdoors. **1.00** Australia's Best Drives. (PG) **1.30** The Outdoor Room. **2.00** Sean's Kitchen. (PG) **3.15** Escape To The Continent. **4.30** Escape To The Country. **6.30** To Be Advised. **7.00** Motorway Patrol. (PG) **7.30** Border Security. Int. (PG) **8.30** Border Security. (PG) Narrated by Grant Bowler. **9.30** Brit Cops. (M) Follows British police officers. **10.30** Border Security. Int. (PG) **11.30** Border Security. (PG) **12.30** Psychic TV. (M) **3.30** Australia's Best Drives. (PG) **4.00** The Outdoor Room. **4.30** Travel Oz. (PG)

TEN

6.00 Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** GCBC. **8.30** Everyday Gourmet. **9.00** Australia By Design. **9.30** St10. (PG) **12.00** The Offroad Adventure Show. Final. **1.00** To Be Advised. **1.30** Travels With The Bondi Vet. (PG) **2.00** To Be Advised. **3.30** The 48 Hour Destination. **4.00** A Taste Of Travel. **4.30** RPM: Summer Series. **5.00** News. **6.00** Family Feud: Sunday. **6.30** The Sunday Project. **7.30** I'm A Celebrity... Get Me Out Of Here! (PG) **9.00** NCIS. (M) Return. Torres and Sloane, who are in Afghanistan, must urgently return to the US after hearing a senator's son is in hospital. **10.00** SEAL Team. **11.00** The Sunday Project. **12.00** 48 Hours. (M) **1.00** Shopping. **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Monster Jam. **9.00** Muscle Car Masters. **10.00** Cruise Mode. **10.30** Escape Fishing. **11.00** Merv Hughes Fishing. **11.30** A Taste Of Travel. **12.00** Air Racing. Red Bull Series. Highlights. **1.00** Megacities. **2.00** Nature's Great Events. **3.00** Life Inside The Markets. **3.30** Life Inside The Markets. **4.00** Operation Repo. **4.30** Places We Go. **5.00** What's Up Down Series. **5.30** iFish Summer. **6.00** Bondi Rescue. **6.30** Scorpiion. Return. **7.30** NCIS: LA. **8.30** The Life Of Mammals. **9.30** Building Invincible. **10.30** Rocky Mountain Railroad. **11.30** Countdown To Murder. **12.30** When We Go To War. **2.30** RPM: Summer Series. **3.00** Operation Repo. **4.30** Monster Jam. **5.30** Whacked Out Sports.

ABC

6.00 Rage. (PG) **7.00** Weekend Breakfast. **9.00** Insiders. **10.00** Offsiders. **10.30** The World This Week. **11.00** ABC News At Noon. **11.30** Landline. **12.30** Golf. ALPG Tour. Women's Australian Open. Final round. From Kooyonga Golf Club, Adelaide. **5.00** The Mix. **5.30** Australian Story. **6.00** The Checkout. (PG) **6.30** QI. (PG) **7.00** ABC News Sunday. **7.40** Hawke: The Larrikin And The Leader. (PG) **8.40** Shetland. (M) **9.40** Shetland. (M) Final. **10.35** Our Girl. (M) **11.40** Rage. (MA15+) **2.10** Our Girl. (M) **3.10** Antiques Roadshow. **4.10** The Bill. (PG) **5.00** Insiders.

SBS

6.00 WorldWatch. **7.00** Small Business Secrets. **7.30** WorldWatch. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **7.35** Speedweek. **2.00** Basketball. NBL. Round 19. Melbourne United v Illawarra Hawks. **4.00** Arabic News F24. **4.30** Turkish News. **5.00** Small Business Secrets. **5.30** Hitler's Secrets. **6.30** News. **7.35** Eight Days That Made Rome. **8.30** China's Megatomb Revealed. **10.10** The Attack: Countdown To Terror. **11.15** The Yes Men Are Revolting. (M) **1.00** Survival Of The Fabulous. (PG) **1.55** Growing Up Trans. (PG) **3.25** Inside The Chinese Closet. **4.30** Food Lover's Guide. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

MOVIES
6.45pm *Bad Moms* (2016) Comedy. Mila Kunis, Kristen Bell. (MA15+) **9.25pm** *The Prince And Me* (2004) Comedy. Julia Stiles, Miranda Richardson. (PG) **Family**
10.40pm *The Great Wall* (2017) Action. Matt Damon, Willem Dafoe. (M) **Premiere**

GENERAL
6.55pm *Mrs Brown's Boys*. (MA15+) **UKTV**
7.30pm *Fresh Off The Boat*. (PG) **FOX8**
9.30pm *Superstore*. (PG) **FOX8**

DOCUMENTARY
7.30pm *David Attenborough's Birds Of Paradise*. National Geographic **Wild**
8.45pm *Eat Well For Less?* (PG) **Lifestyle Food**
11.30pm *StarTalk*. (M) **National Geographic**

SPORT
3.00pm *Basketball*. NBL. Round 19. Melbourne United v Illawarra Hawks. **Fox Sports** **503**
4.30pm *Football*. AFL Women's. Round 3. Collingwood v GWS Giants. **Fox Footy**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

1802



CONVEYANCING



FAMILY LAW | INJURY LAW | WILLS & ESTATES | CONVEYANCING



ZANDE
LAW

Norwinn Centre
15 Discovery Drive
North Lakes
3385 0999
www.zandelaw.com.au

entire health
PHYSIO • MASAGE • PILATES

CALL NOW TO BOOK
3491 6166

Official Physiotherapists for



www.entirehealth.com.au



*Limited spots available. North Lakes clinic only

NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Married At First Sight. (PG) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Married At First Sight. (PG) **9.00** Travel Guides. (PG) **10.00** Better Late Than Never. (PG) **11.00** CSI: Crime Scene Investigation. (M) **12.00** Fugitive: Black Ops. (M) **1.00** Postcards. (PG) **1.30** TV Shop: Home Shopping. **2.00** TV Shop: Global Shop. **3.00** The Avengers. (PG) **4.00** Bangkok Airport. (PG) **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Top Gear. (PG) **12.30** World's Funniest Videos Top 10 Countdown. (PG) **1.00** Dawson's Creek. (PG) **2.00** Children's Programs. **3.30** LEGO Friends. **4.00** Batman. (PG) **4.30** Ben 10. (PG) **5.00** Teen Titans Go! (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** The Middle. (PG) **7.30** American Ninja Warrior. **9.30** Celebrity Big Brother US. (M) **11.30** Best Ink. (M) **12.30** Friends. (PG) **1.30** Teen Titans Go! (PG) **2.00** Regular Show. (PG) **2.30** PokéMon The Series: Sun & Moon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst. **4.00** Tom And Jerry Tales. **4.30** Adv Time. (PG) **4.50** Power Rangers Dino Charge. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.00** Winter Olympics. PyeongChang 2018. Day 10. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) Roo is devastated to learn the truth about Martha's departure. The Astonish rally around Maggie. **7.30** My Kitchen Rules. (PG) The teams travel to Coffs Harbour, where sisters Georgie and Alicia plan to add a big score to the list. **9.00** Winter Olympics. PyeongChang 2018. Night 10. From Pyeongchang, South Korea. **12.30** The Great Outdoors. See Venice go wild during the famous Masked Ball. Tour America's most unforgettable country in a motel on wheels. **1.30** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Match It. **7.30** Tashi. **8.00** Larry The Lawnmower. **8.30** Million Dollar Minute. **9.30** NBC Today. **10.30** NBC Press. **11.30** Australia's Best Drives. (PG) **12.00** The Outdoor Room. **12.30** Sean's Kitchen. (PG) **1.30** Harry's Practice. **2.00** Million Dollar Minute. **3.00** Animal Rescue. **3.30** Auction Squad. **4.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Rosemary & Thyme. (PG) **8.30** Lewis. (M) An Oxford alumnus is murdered. **10.30** Blue Murder. (M) **11.30** Hogan's Heroes. **12.00** Home Shopping. **1.00** Auction Squad. **2.00** The Great Outdoors. **3.00** Escape To The Country. **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Harry's Practice.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. A look at the day's news. **7.30** I'm A Celebrity... Get Me Out Of Here! (PG) In the latest trial, Holly Water, a celebrity competes to win stars to feed their hungry campmates. **9.00** Law & Order: SVU. The team investigates a case involving two students in a special needs school. **10.00** Law & Order: S.V.U. (M) A woman recants her claims of assault. **11.00** The Project. **12.00** Stephen Colbert. (PG) **1.00** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** RPM: Summer Series. **8.30** Operation Repo. (PG) **9.00** Monster Jam. **10.00** Megatronics. (PG) **11.00** Rocky Mountain Railroad. (PG) **12.00** Get Smart. (PG) **1.00** Nash Bridges. (M) **2.00** Matlock. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** MacGyver. (PG) **7.30** MacGyver. Return. **8.30** NCIS. (M) **10.30** NCIS: Los Angeles. (M) **11.30** Hogan's Heroes. **12.00** Home Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Nash Bridges. (M) **4.00** Matlock. (M) **5.00** Star Trek: Voyager. (PG)

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Animal Super Senses. **12.00** ABC News At Noon. **1.00** Hawke: The Larrikin And The Leader. (PG) **2.00** Newton's Law. (M) **3.10** Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.10** The Drum. **6.00** Think Tank. **7.00** ABC News. **7.30** **8.00** Australian Story. **8.30** Four Corners. **9.15** Media Watch. (PG) **9.35** Q&A. **10.45** ABC Late News. **11.10** The Business. **11.30** Golf. USPGA Tour. Genesis Open. Highlights. From Riviera Country Club, Pacific Palisades, California. **12.25** Doctor Who. (PG) **1.30** Rage. (MA15+) **3.20** Antiques Roadshow. **4.20** Murder, She Wrote. (M) **5.05** The Bill. (PG)

ABC COM

6.00 Children's Programs. **6.15** Peter Rabbit. **6.25** Go Jetters. **6.40** Dot. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun. The Sheep. **7.30** Spicks And Specks. **8.00** Upper Middle Bogan. (M) **8.30** Upper Middle Bogan. (M) Final. **9.00** Tonightly With Tom Ballard. (M) **9.30** Fleabag. (MA15+) New. **9.55** Inside Amy Schumer. (M) **10.20** #CelesteChallengeAccepted. (PG) New. **10.25** Red Dwarf. **10.55** The Office. (PG) **11.15** 30 Rock. (PG) **11.35** Parks And Recreation. (PG) **12.00** Tonightly With Tom Ballard. (M) **12.30** Red Dwarf. **1.00** The Office. (PG) **1.25** 30 Rock. (PG) **1.45** Parks And Recreation. (PG) **2.10** News Update. **2.15** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** Al Jazeera. **2.00** The Celtic Tenors: The Homecoming. **3.00** Secrets Of The Brain. (PG) **4.00** Should We Close Our Zoos? (PG) **5.00** Kardiyarlu Kangurnu. **5.30** Letters And Numbers. **6.00** Food Safari Fire. **6.30** News. **7.30** River Cottage Australia. (PG) **8.30** Michael Mosley: Trust Me, I'm A Doctor. **9.30** 24 Hours In Emergency. (M) **10.30** SBS News. **11.00** The World Game. **11.30** Movie: A Serious Game. (M) (2016) **1.35** Miniseries: Tutankhamun. (M) **2.30** Ride Upon The Storm. (M) **3.40** Ride Upon The Storm. (M) **4.50** France Bitesize. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

MOVIES
6.35pm Ned Kelly (2003) Drama. Heath Ledger, Naomi Watts. (MA15+) Action
8.30pm Rogue One: A Star Wars Story (2016) Sci-Fi. Felicity Jones, Diego Luna. (M) Premiere
10.35pm A Street Cat Named Bob (2016) Biographical. Luke Treadaway, Joanne Froggatt. (PG) Masterpiece

GENERAL
7.30pm Face Off. SyFy
8.30pm Rellick. (MA15+) BBC First
9.35pm The Frankenstein Chronicles. BBC First

DOCUMENTARY
7.30pm Underwater Pompeii. (PG) History
9.30pm Sarah Off The Grid. Lifestyle Home
9.40pm Celebrity MasterChef. Lifestyle Food

SPORT
4.00pm Mixed Martial Arts. UFC Fight Night 126: Cowboy v Medeiros. Post-fight show. Fox Sports 503
7.00pm Basketball. NBA All-Star Game. ESPN2
9.30pm NRL 360 Summer Series. Fox League

MONDAY, FEBRUARY 19

AUSTAR.

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences Only (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

Take control of your health & kick start your weight loss this summer.
JOIN THE RESOLUTION!

Lifetime Membership Only \$24.95*
*impromy PROGRAM

Impromy weight loss program
CSIRO approved
✓ Clinically proven to reduce your cholesterol
✓ Take control of your health
✓ Ask our friendly staff members for more information



United Chemists North Lakes
Open 7 Days 8am - 8pm
Hilltop Village Shopping Centre
Ph: 3491 8322

UNITED CHEMISTS
Price and advice to make you smile.

*Limited offer ends 31st March 2018. Terms and Conditions apply.

LOCALLY OWNED & OPERATED FAMILY BUSINESS WITH OVER 100 YEARS COMBINED EXPERIENCE

ASSISTING YOUR BUSINESS & REDUCING YOUR STRESS

Exclusive offer to Messenger readers:
Receive your first ½ Hour consultation FREE!*

*free ½ hour consultation strictly applies to new clients only. Advert must be mentioned to receive this exclusive offer.

Come on in and meet the Business Result Accounting Team
The North Lakes Specialists
P: 3204 4000
8/ 15 Discovery Drive, North Lakes (cnr Endeavour & Winn St)
office@bizresult.com.au
www.bizresult.com.au

xero SILVER PARTNER

NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Married At First Sight. (PG) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Married At First Sight. (M) **9.00** Date Night. (M) **9.30** One Night With My Ex. (M) **10.30** Beauty And The Beach. (M) **11.40** Cold Case. (PG) **12.35** 20/20. **1.30** Patriot Games. (PG) **2.30** Global Shop. **3.00** The Avengers. (PG) **4.00** Bangkok Airport. (PG) **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Best Ink. (M) **1.00** Dawson's Creek. (PG) **2.00** Steven Universe. (PG) **2.30** Regular Show. (PG) **3.00** Pokémon. **3.30** Ninjago. (PG) **4.00** Batman. (PG) **4.30** Ben 10. (PG) **5.00** Teen Titans Go! (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** The Middle. (PG) **7.30** American Ninja Warrior. (PG) **9.30** Celebrity Big Brother US. (M) **10.30** Movie: The Inbetweeners Movie. (MA15+) (2011) **12.30** Friends. (PG) **1.30** Teen Titans Go! (PG) **2.00** Regular Show. (PG) **2.30** Pokémon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst. **4.00** Tom And Jerry Tales. **4.30** Adv Time. (PG) **4.50** Power Rangers Dino Charge. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.00** Winter Olympics. PyeongChang 2018. Day 11. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) Hunter and Jennifer's budding romance is interrupted by Olivia. The Ashton's struggle with Maggie's bad reaction to chemotherapy. **7.30** My Kitchen Rules. (PG) The teams travel to Brisbane, where defence force foodies Matt and Aly are gearing up to impress the troops. **9.00** Winter Olympics. PyeongChang 2018. Night 11. From Pyeongchang, South Korea. **12.30** Time After Time. (M) Vanessa and Jane investigate "Project Utopia". **1.30** Harry's Practice. Information about pet care. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Match It. **7.30** Tash. **8.00** Larry The Lawnmower. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** The Great Outdoors. **2.00** Million Dollar Minute. **3.00** Animal Rescue. **3.30** Auction Squad. **4.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Pie In The Sky. (PG) A corpse disappears. **8.30** Inspector Morse. (M) After Harry Field, an artist, raconteur and forger, is mysteriously killed, Morse takes over the investigation. **10.30** Suspects. (M) **11.30** Bargain Hunt. (PG) **12.30** Harry's Practice. **1.00** Auction Squad. **2.00** The Great Outdoors. **3.00** Escape To The Country. **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Harry's Practice.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** I'm A Celebrity... Get Me Out Of Here! (PG) Tucker Chewsday returns. **8.30** Hughesy, We Have A Problem. (M) Guests include Dave Thornton, Susie Youssef, Anthony "Lehmo" Lehmann and Fiona O'Loughlin. **9.30** NCIS: LA. (M) As Hetty is tortured by her captors in Vietnam, Eric and Nell find a clue to her whereabouts. **10.30** NCIS: LA. (M) **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Get Smart. (PG) **9.00** Jake And The Fatman. (PG) **10.00** Merv Hughes Fishing. (PG) **10.30** Hogan's Heroes. **11.00** MacGyver. (PG) **12.00** Get Smart. (PG) **1.00** Nash Bridges. (M) **2.00** Matlock. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** MacGyver. (PG) **7.30** 48 Hours. (M) **9.30** Countdown To Murder. (M) **10.30** Highlander. (PG) **11.30** Hogan's Heroes. **12.00** Home Shopping. **2.00** Nash Bridges. (M) **3.00** Matlock. (M) **4.00** Diagnosis Murder. (PG) **5.00** Highlander. (PG)

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Think Tank. **12.00** ABC News At Noon. **1.00** Four Corners. **1.45** Media Watch. (PG) **2.00** Newton's Law. (M) **3.00** Ask The Doctor. (PG) **3.30** Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.10** The Drum. **6.00** Think Tank. (PG) **7.00** ABC News. **7.30** **8.00** The Checkout. (PG) **8.30** Catalyst. **9.30** The Pacemakers. **10.30** ABC Late News. **11.00** The Business. **11.15** Q&A. **12.25** Doctor Who. (PG) **1.10** Rage. (MA15+) **3.20** Antiques Roadshow. **4.20** Murder, She Wrote. (PG) **5.05** The Bill. (PG)

SBS

6.00 WorldWatch. **2.00** Tommy Fleming: Voice Of Hope. **2.55** Shane Delia's Moorish Spice Journey Bitesize. **3.00** Kylie Kwong: Heart And Soul. **3.30** Rise Of The Machines. **4.30** Tony Robinson's World War I. (PG) **5.25** Letters And Numbers. **6.00** Food Safari Fire. **6.30** News. **7.30** Who Do You Think You Are? **8.30** Insight. **9.30** Dateline. **10.00** China Queer. **10.30** SBS News. **11.00** Spin. (MA15+) **11.55** Spin. (M) **12.50** Movie: Le Havre. (PG) (2011) **2.30** Jesus: Rise To Power. (M) **3.30** Ebola Outbreak. (PG) **4.30** Food Lover's Guide. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Soccer. UEFA Champions League. Round of 16. FC Bayern v Besiktas. First leg.

AUSTAR.

MOVIES
6.25pm **No Country For Old Men** (2007)
Crime. Tommy Lee Jones, Josh Brolin.
(MA15+) **Masterpiece**
8.30pm **War Dogs**
(2016) Comedy. Jonah Hill, Miles Teller. (M) **Comedy**
10.40pm **The Light Between Oceans**
(2016) Drama. Michael Fassbender, Rachel Weisz. (M) **Masterpiece**
GENERAL
7.30pm **Lucifer**.
(M) **FX**
8.30pm **Marvel's Runaways**.
FOX8
10.00pm **Divorce**.
(MA15+) **Showcase**

DOCUMENTARY
7.30pm **Italy's Invisible Cities**.
History
8.30pm **Hunting Down The Nazis**.
(PG) History
9.30pm **All Gardens Great And Small**.
(PG) Lifestyle

SPORT
7.00pm **Around The Horn**. **ESPN**
9.30pm **Soccer**. AFC Champions League. Group Stage. Playoff Winner v Melbourne Victory. Fox Sports 501
10.00pm **The Golf Show**. Fox Sports 503

2002

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.



CENTRED IN CHRIST

Dynamic in Direction
Strong in Service

NORTHPINE
CHRISTIAN COLLEGE


Holistic Education


Childcare - Year 12


Dakabin, QLD 4503


Affordable Fee Structure

Phone: (07) 3204 6511
www.northpine.qld.edu.au
 29 Hughes Road East, Dakabin, QLD 4503



We're here for YOU. Not-for-profit.

Professional, personalised service,
at an affordable price.
Funeral Services from \$1,795

SOVEREIGN
Funerals

SovereignFunerals.com.au
 A not-for-profit funeral company
Helping the world they left behind

NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Married At First Sight. (M) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Married At First Sight. (M) **9.00** 20 To One. (PG) **10.00** Botched. (M) **11.00** Mom. (M) **11.30** Movie Juice. **12.00** Soundbreaking. (M) **1.00** House Husbands. (PG) **2.00** Extra. **2.30** Global Shop. **3.00** The Avengers. (PG) **4.00** Bangkok Airport. (M) **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Cold Water Cowboys. (M) **1.00** Dawson's Creek. (PG) **2.00** Steven Universe. (PG) **2.30** Regular Show. (PG) **3.00** Pokémon. **3.30** Ninjago. (PG) **4.00** Batman. (PG) **4.30** Ben 10. (PG) **5.00** Teen Titans Go! (PG) **5.30** Adm. Time. (PG) **6.00** Friends. (PG) **7.00** The Middle. (PG) **7.30** American Ninja Warrior. (PG) **9.30** Celebrity Big Brother US. (M) **10.30** Movie: The Inbetweeners 2. (MA15+) (2014) **12.30** Friends. (PG) **1.30** Teen Titans Go! (PG) **2.00** Regular Show. (PG) **2.30** Pokémon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst. **4.00** Tom And Jerry Tales. **4.30** Adm. Time. (PG) **4.50** Power Rangers Dino Charge. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.00** Winter Olympics. PyeongChang 2018. Day 12. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) Jasmine's stalker shows his true colours. Colby confronts Tori over her obsession with Robbo. **7.30** My Kitchen Rules. (PG) The teams travel to Sydney, where mother and daughter team Pat and Louisa channel their Hungarian gypsy roots to attempt an impressive menu. **9.00** Winter Olympics. PyeongChang 2018. Night 12. **12.30** Powerless. (PG) Emily learns Jackie needs some extra cash. **1.00** The Real Seachange. Hosted by John Howard. **1.30** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Match It. **7.30** Tashi. **8.00** Larry The Lawnmower. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** The Great Outdoors. **1.00** Hospital. (M) **2.00** Million Dollar Minute. **3.00** Animal Rescue. **3.30** Auction Squad. **4.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Pie In The Sky. (PG) While Fisher's wife is abroad, his daughter changes her name and hair colour and leaves with a group of travellers. **8.30** A Touch Of Frost. (M) Suspicious deaths occur at a power station. **10.30** Families Of Crime. (MA15+) **11.30** Bargain Hunt. (PG) **12.30** Harry's Practice. **1.00** Auction Squad. **2.00** Shopping. **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Harry's Practice.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.00** Ent. Tonight. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** I'm A Celebrity... Get Me Out Of Here! (PG) **8.30** This Is Us. The Pearson family visits Kevin in Los Angeles for the 100th live taping of The Manny. **9.30** Madam Secretary. Elizabeth wrestles with the controversial idea of the Afghan government compromising with the Taliban. **10.30** Hawaii Five-O. (M) **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Get Smart. (PG) **9.00** Jake And The Fatman. (PG) **10.00** Merv Hughes Fishing. **10.30** Hogan's Heroes. **11.00** MacGyver. (PG) **12.00** Get Smart. (PG) **1.00** Nash Bridges. (M) **2.00** Matlock. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** MacGyver. (PG) **7.30** Hawaii Five-O. (M) **8.30** Attenborough's Nature's Great Events. (PG) **9.30** Alaska Aircrash Investigations. (PG) **10.30** Countdown To Murder. (M) **11.30** Hogan's Heroes. **12.00** Home Shopping. **2.00** Jake And The Fatman. (PG) **3.00** Nash Bridges. (M) **4.00** Matlock. (M) **5.00** Diagnosis Murder. (PG)

ABC

6.00 News. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Think Tank. (PG) **12.00** ABC News At Noon. **12.30** Press Club. **1.30** Aust Story. **2.00** Newton's Law. (M) **3.00** The Cook And The Chef. **3.30** Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.10** Drum. **6.00** Think Tank. (PG) **7.00** ABC News. **7.30** 7.30. **8.00** Hard Quiz. (PG) **8.30** Shaun Micallef's MAD AS HELL. (M) **9.00** Squinters. (M) **9.30** Adam Hills: The Last Leg. **10.10** Tonightly With Tom Ballard. (M) **10.45** ABC Late News. **11.15** The Business. **11.25** Four Corners. (PG) **12.20** Media Watch. **12.35** Doctor Who. (PG) **1.20** Adam Hills: The Last Leg. **2.20** Press Club. **3.20** Antiques Roadshow. **4.20** Murder, She Wrote. (PG) **5.05** The Bill. (PG)

ABC COM

6.00 Children's Programs. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Go Jetters. **6.40** Dot. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** The Agony Of... (M) **8.30** The Agony Of... (M) Final. **9.00** Tonightly With Tom Ballard. (M) **9.30** Asian Provocateur: Mum's American Dream. (M) **10.00** The Trip To Italy. (M) **10.30** Red Dwarf. (PG) **11.00** The Office. (PG) **11.20** 30 Rock. (PG) **11.40** Parks And Recreation. (PG) **12.05** Tonightly With Tom Ballard. (M) **12.35** Red Dwarf. (PG) **1.05** The Office. (PG) **1.25** 30 Rock. (PG) **1.50** Parks And Recreation. (PG) **2.15** News Update. **2.20** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

MOVIES

6.20pm Allied (2016) Drama. Brad Pitt, Marion Cotillard. (M) **Premiere**
8.30pm Troy (2004) Action. Brad Pitt, Eric Bana. (M) **Action**
10.40pm Passengers (2016) Sci-Fi. Jennifer Lawrence, Chris Pratt. (M) **Premiere**

GENERAL

8.30pm The Real Housewives Of Melbourne. (M) **Arena**
9.00pm Garage Squad. (M) **A&E**
9.30pm Mosaic. (MA15+) **Showcase**

DOCUMENTARY

7.30pm Skeletons Of The Sahara. (PG) **History**
8.30pm Nadiya's Food Adventure. (PG) **Lifestyle Food**
9.30pm Ugly House To Lovely House With George Clarke. (PG) **Lifestyle**

SPORT

8.30pm Cycling. UCI World Tour. Abu Dhabi Tour. Stage 1. **Eurosport**
9.30pm Boxing. World Super Series. Super Middleweight. First semi-final. Smith v Braehler. **Fox Sports 503**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

Journey
Family Lawyers
a positive approach

FAMILY LAW SPECIALISTS

5/13 Discovery Drive
NORTHLAKES
Ph: (07) 3448 2199

www.journeyfamilylawyers.com.au

**Divorce | Property Settlement | Children's Matters
Consent Orders | Prenuptial Agreements | Wills**

If you have a family law issue, contact our office today for a **free 15-minute** chat with one of our family law specialists or simply book in for an initial consultation to find out where you stand.

We offer:

- **Fixed Fees**
- **Discounted Initial Consultations**
- **15 Minute FREE Telephone Advice**



Journey Family Lawyers specialises in family law with offices at North Lakes, Strathpine and Brisbane City.

Did you know...

The Australian Federal Police maintain an "airport watch list" to stop people from illegally taking children overseas. If you are concerned that your child may be taken overseas without your knowledge, contact us urgently to find out what you can do

NORTH LAKES COUNSELLING SERVICES

www.northlakescounsellingservices.com.au

- Relationship Counselling,
- Personal Counselling,
- Grief and Loss Counselling,
- Qualified Trainer and Assessor for students of Counselling,
- Employment Coaching - Resume and Selection Criteria,
- Job Search Skills and Job Interview Coaching,
- Qualified Training and Workshop Provider.

Move towards a better future

For confidential appointments

**Phone 3886 2715 or
Mobile 0423 653 841**

Leonie's Relationship Intensive Care is available as both a hard copy and Ebook from her website or Dymocks North Lakes.

Catch Leonie's radio show alternate Mondays at 11.00am on **99.7FM**



NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (M) **1.00** Extra. **1.30** Married At First Sight. (M) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** RBT. (PG) **8.30** Movie: Jurassic World. (M) (2015) Chris Pratt, Bryce Dallas Howard, Iy Simpkins. A genetically modified hybrid dinosaur escapes containment and goes on a killing spree at a theme park. **11.00** Mom. (M) **11.30** A.D. Kingdom And Empire. (MA15+) **12.30** The Closer. (M) **1.30** TV Shop: Home Shopping. **2.00** Extra. **2.30** Global Shop. **3.00** The Avengers. (PG) **4.00** Bangkok Airport. (PG) **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Cold Water Cowboys. (M) **1.00** Storage Hunters UK. (PG) **1.30** Movie Juice. **2.00** Children's Programs. **3.00** Pokémon. **3.30** Ninjago. (PG) **4.00** Batman. (PG) **4.30** Ben 10. (PG) **5.00** Teen Titans Go! (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** The Middle. (PG) **7.30** Robot Wars. (PG) **8.30** Celebrity Big Brother US. (M) **9.30** Movie: The Hangover. (MA15+) (2009) **11.30** WWE Raw. (MA15+) **12.30** Friends. (PG) **1.30** Teen Titans Go! (PG) **2.00** Regular Show. (PG) **2.30** Pokémon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst. **4.00** Tom And Jerry Tales. **4.30** Adv Time. (PG) **4.50** Power Rangers Dino Super. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.00** Winter Olympics. PyeongChang 2018. Day 13. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) Roo struggles to accept her mother's rejection. Leah's quick thinking shifts the hostage situation closer to a resolution. **7.30** My Kitchen Rules. (PG) The teams attend the final instant restaurant of Group Two, hosted by Sonya and Hadil. **9.00** Winter Olympics. PyeongChang 2018. Night 13. **12.00** Bates Motel. (M) Romero confronts Norma. **1.00** The Real Seachange. A couple swaps a factory for a vineyard. **1.30** Harry's Practice. Information about pet care. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Match It. **7.30** Tashi. **8.00** Larry The Lawnmower. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** The Great Outdoors. **2.00** Million Dollar Minute. Hosted by Simon Reeve. **3.00** Animal Rescue. **3.30** Auction Squad. **4.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Father Brown. (M) Father Brown investigates a drowning. **8.30** Murdoch Mysteries. (M) Murdoch investigates a prison stabbing which may be connected to the murder for which George Crabtree is imprisoned. **10.30** Escape To The Country. **11.30** Bargain Hunt. (PG) **12.30** Psychic TV. (M) **3.30** SA Weekender. **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Harry's Practice.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (M) **1.00** To Be Advised. **2.00** Ent. Tonight. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** I'm A Celebrity... Get Me Out Of Here! (PG) The celebrities search for the chest. **9.00** Gogglebox. TV fanatics open up their living rooms to reveal their reactions to popular and topical TV shows. **10.00** Blue Bloods. (M) Erin's case against a human trafficker is jeopardised. **11.00** Blue Bloods. (M) **12.00** The Project. **1.00** Stephen Colbert. (PG) **2.00** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Get Smart. (PG) **9.00** Jake And The Fatman. (PG) **10.00** Merv Hughes Fishing. **10.30** Hogan's Heroes. **11.00** MacGyver. (PG) **12.00** Get Smart. (PG) **1.00** Nash Bridges. (M) **2.00** Matlock. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** MacGyver. (PG) **7.30** Rocky Mountain Railroad. (PG) **8.30** Movie: Under Siege. (M) (1992) Steven Seagal, Tommy Lee Jones, Gary Busey. **10.30** To Be Advised. **11.30** Diagnosis Murder. (M) **12.30** Home Shopping. **2.00** Nash Bridges. (M) **3.00** Matlock. (M) **4.00** Star Trek: Voyager. (PG) **5.00** Diagnosis Murder. (M)

ABC

6.00 News. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Think Tank. (PG) **12.00** ABC News At Noon. **1.00** Between A Frock And A Hard Place. (M) **2.00** Newton's Law. (PG) **3.00** The Cook And The Chef. **3.30** Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.10** Drum. **6.00** Think Tank. **6.55** Sammy J. **7.00** ABC News. **7.30** **7.30** **8.00** Call The Midwife. (M) **9.00** Movie: Against The Law. (M) (2017) Daniel Mays, Richard Gadd. **10.25** ABC Late News. **10.55** The Business. **11.10** No Offence. (M) **12.00** Doctor Who. (PG) **12.40** Rage. (MA15+) **2.25** Golf. USPGA Tour. Genesis Open. Highlights. **3.20** Antiques Roadshow. **4.20** Murder, She Wrote. (PG) **5.05** The Bill. (PG)

ABC COM

6.00 Children's Programs. **5.40** Floogals. **5.55** The Hive. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Go Jetters. **6.40** Dot. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Frontline. (PG) **8.30** Frontline. (PG) **8.55** Sammy J. **9.00** Tonightly With Tom Ballard. (M) **9.30** Squinters. (M) **9.55** Murder In Successville. (M) **10.25** Red Dwarf. (PG) **11.00** The Office. (PG) **11.20** 30 Rock. (PG) **11.40** Parks And Recreation. (PG) **12.00** Tonightly With Tom Ballard. (M) **12.30** Red Dwarf. (PG) **1.05** The Office. (PG) **1.25** 30 Rock. (PG) **1.45** Parks And Recreation. (PG) **2.10** News Update. **2.15** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** Nigella Bites. **2.25** Cold Justice. **3.25** Digging For Britain's Secrets. (PG) **4.25** This Is Greece With Michael Scott. **5.30** Letters And Numbers. **6.00** Food Safari Fire. **6.30** News. **7.30** Railway Journeys UK. (PG) **8.05** Recipe For Life. (PG) **8.35** Muslims Like Us Australia. (MA15+) **9.40** Knightfall. (MA15+) **10.30** Secrets Of The Shining Knights. **11.35** SBS News. **12.10** The Bridge. (MA15+) **1.20** The Bridge. (MA15+) **3.40** The Bridge. (MA15+) **4.50** UK Bitesize. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Miniseries: Vargas: Neptune's Thunder. (M) **1.35** Fubar: The Age Of The Computer. (M) **2.05** The Cleveland Strangler. (M) **3.00** Dead Set On Life. (PG) **3.30** Dateline. **4.00** The Mindy Project. (PG) **4.30** VICE. (PG) **5.00** News. **5.25** If You Are The One. (PG) **6.40** Brooklyn Nine-Nine. (PG) **7.05** Brooklyn Nine-Nine. (PG) **7.30** The Feed. **8.00** Mardi Gras Movies Home Grown. **8.30** Full Frontal. (MA15+) **9.00** Should I Marry My Cousin? **9.50** The Girlfriend Experience. (MA15+) **10.20** Red Light/Green Light. (M) **11.20** Soccer. UEFA Champions League. Highlights. **12.20** News. **12.50** Desus And Mero. (M) **1.15** Untitled Action Bronson Show. (MA15+) **1.45** The Feed. **2.15** WorldWatch.

AUSTAR.

MOVIES
6.25pm The Social Network (2010) Biographical. Jesse Eisenberg, Andrew Garfield. (M) Masterpiece
8.30pm Guardians Of The Galaxy Vol. 2 (2017) Action. Chris Pratt, Zoe Saldana. (M) Premiere
10.40pm RoboCop (2014) Sci-Fi. Joel Kinnaman, Gary Oldman. (M) Action

GENERAL
8.00pm Ozzy And Jack's World Detour. (PG) A&E
8.30pm Corporate. (MA15+) Comedy Channel
9.45pm Police Ten 7. FOX8

DOCUMENTARY
7.30pm Soundbreaking. Foxtel Arts
8.30pm The Great Australian Bake Off. (PG) Lifestyle
9.35pm Dragons' Den. (PG) BBC Knowledge

SPORT
7.20pm Basketball. 2019 FIBA World Cup Asian Qualifier. Australia v Philippines. Fox Sports 503
8.30pm Cycling. UCI World Tour. Abu Dhabi Tour. Stage 2. Eurosport

THURSDAY, FEBRUARY 22

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

2202

NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: One For The Money. (M) (2012) **3.00** News. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Vet On The Hill. (PG) **8.30** Movie: Ghosts Of Girlfriends Past. (M) (2009) Matthew McConaughey, Jennifer Garner, Emma Stone. A playboy is haunted by the "ghosts" of his previous girlfriends while attending his younger brother's wedding. **10.30** Movie: Tamara Drewe. (M) (2010) Gemma Arterton, Roger Allam. A journalist returns to her hometown. **12.45** Movie Juice. **1.30** TV Shop. **2.00** Living The Dream. (PG) **3.00** Avengers. (PG) **4.00** Global Shop. **4.30** The Baron. (PG) **5.30** Extra.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Cold Water Cowboys. (M) **1.00** Dawson's Creek. (PG) **2.00** Steven Universe. (PG) **2.30** Regular Show. (PG) **3.00** Pokémon. **3.30** Ninjago. (PG) **4.00** Batman. (PG) **4.30** Ben 10. (PG) **5.00** Teen Titans Go! (PG) **5.30** Adv Time. (PG) **6.00** Movie: Madagascar 3: Europe's Most Wanted. (PG) (2012) **7.50** Movie: School Of Rock. (PG) (2003) **10.05** Movie: Step Up. (PG) (2006) **12.15** WWE Smackdown. (MA15+) **1.15** Total Divas. (M) **2.15** Mike Tyson Mysteries. (MA15+) **2.30** Regular Show. (PG) **3.00** Ben 10. (PG) **3.30** Beyblade Burst. **4.00** Tom And Jerry Tales. **4.30** Adv Time. (PG) **4.50** Power Rangers Dino Super. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.00** Winter Olympics. PyeongChang 2018. Day 14. **5.00** The Chase Aust. **6.00** News. **7.00** Better Homes. Joh takes a look at pre-fab extensions. Karen makes salted caramel with mango and ginger. **8.30** Winter Olympics. PyeongChang 2018. Night 14. From Pyeongchang, South Korea. **12.30** Aquarius. (M) Hodlak sets out to discover who is responsible for harassing Shafe's family. **1.30** Harry's Practice. Dr Harry Cooper and Dr Katrina Warren present information about animals and pet care. **2.00** Shopping. **4.00** To Be Advised. **10.30** To Be Advised. **11.30** The Project. A look at the day's news. **12.30** Stephen Colbert. (PG) **1.30** Shopping.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Match It. **7.30** Tashi. **8.00** Larry The Lawnmower. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** Better Homes. **1.00** The Great Outdoors. **2.00** Million Dollar Minute. **3.00** Animal Rescue. **3.30** Auction Squad. **4.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Air Crash Investigation. (PG) Takes a look at the crash of Delta Air Lines Flight 191 in 1985 which resulted in 137 fatalities. **8.30** Selling Houses Aust. A woman is deeply in debt and is convinced her only way out is to sell her beloved home. **10.30** To Build Or Not To Build. **11.30** Bargain Hunt. (PG) **12.30** Harry's Practice. **1.00** Psychic TV. (M) **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Harry's Practice.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (M) **1.00** The Living Room. **2.00** Ent. Tonight. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. Hosted by Grant Denyer. **6.30** The Project. A look at the day's news. **7.30** The Living Room. Amanda Keller meets one of New Zealand's favourite sons. Matty J is welcomed to The Living Room. **8.30** The Graham Norton Show. (M) Celebrity guests include Tom Hanks, Anthony Joshua and Maisie Williams. **9.30** One and Only. **10.30** Doctor Who. (PG) **11.30** The Project. A look at the day's news. **12.30** Stephen Colbert. (PG) **1.30** Shopping.

ONE

6.00 Home Shopping. **8.00** Get Smart. (PG) **9.00** Jake And The Fatman. (PG) **10.00** Merv Hughes Fishing. (PG) **10.30** Hogan's Heroes. **11.00** MacGyver. (PG) **12.00** Get Smart. (PG) **1.00** Nash Bridges. (M) **2.00** Matlock. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** MacGyver. (PG) **8.30** Walker, Texas Ranger. (M) **10.30** Movie: Game Of Death. (M) (2010) Wesley Snipes, Aunjanue Ellis, Zoe Bell. **12.30** Home Shopping. **2.00** Jake And The Fatman. (PG) **3.00** Walker, Texas Ranger. (M) **5.00** Diagnosis Murder. (PG)

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Think Tank. **12.00** ABC News At Noon. **1.00** One Plus One. **1.30** Meet The Mavericks. (M) **1.55** Call The Midwife. (M) **3.00** Dream Gardens. **3.30** Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.10** The Drum. **6.00** Think Tank. **7.00** ABC News. **7.30** Gardening Australia. **8.30** Vera. (M) **10.00** Planet America. **10.45** ABC Late News. **11.15** The Business. **11.35** Shaun Micallef's MAD AS HELL. (M) **12.05** Rage. (MA15+) **5.00** Rage. (PG)

SBS

6.00 WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **1.55** Bon Appetit! Gérard Depardieu's Europe. (PG) **2.55** Made In Italy. **3.25** Poh's Kitchen. **3.55** Poh's Kitchen. **4.25** Royal Gardens On A Plate. **5.30** Letters And Numbers. **6.00** Food Safari Fire. **6.30** News. **7.30** Railway Journeys UK. **8.00** Railway Journeys UK. **8.30** Homeland. **9.30** Movie: Fair Game. (2010) **11.30** SBS News. **12.00** Movie: The Duke Of Burgundy. (MA15+) (2014) **1.55** One Born Every Minute. (M) **2.55** One Born Every Minute. (M) **3.50** One Born Every Minute. (M) **4.50** France Bitesize. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

MOVIES
6.35pm Horrible Bosses 2 (2014) Comedy. Jason Bateman, Jennifer Aniston. (MA15+) Comedy
8.30pm Kick-Ass (2010) Action. Nicolas Cage, Aaron Johnson. (MA15+) Action
11.45pm High Fidelity (2000) Comedy. John Cusack, Todd Louiso. (M) Comedy

GENERAL
7.30pm BBQ Pit Wars. (PG) A&E
8.30pm It's Always Sunny In Philadelphia. (M) Comedy Channel
11.30pm Comic Book Men. (PG) A&E

DOCUMENTARY
7.30pm Project Impossible. (PG) History
8.30pm My Big Fat Fabulous Life. (PG) TLC
9.30pm Vet On The Hill. (PG) Lifestyle

SPORT
7.00pm Football. AFL Women's. Round 4. Western Bulldogs v Carlton. Fox Footy
7.45pm Soccer. A-League. Round 21. Central Coast Mariners v Wellington Phoenix. Fox Sports 501

2302

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.



Steam Cleaning and Pest Control Services for private and rental properties.

Truck Mount Machine ensures the best quality and drying time.

Ph: 3888 2104 M: 0419 718 231

NORTH LAKES COMMUNITY WOMEN'S GROUP INC. NEWS

Our first General Meeting for the year was well attended, with 75 members and 4 visitors eager to hear what we have planned for the year ahead, to offer their feedback and many to volunteer for our Convenor and Sub-Committee positions.

Of course there was still plenty of time to sing Happy Birthday to our February birthday ladies and enjoy a piece of delicious chocolate cake.

We also had the pleasure of being able to congratulate two of our members who celebrated 10 years of membership with our Group.

Tuesday 20th February – BINGO!! Come along for a fun morning to win Mystery Envelopes for game prizes. Visitors welcome.

Tuesday 27th February – Lunch at Lone Star Rib House, North Lakes. Bookings essential. Members only.

Tuesday 6th March – General Meeting. Visitors welcome.

Our meetings are open to all women in North Lakes/Mango Hill-Moreton Bay District. For more information please contact Trish 0447 071 221 or Sue 0418 785 944.

Staying calm,
when everything
seems impossible

Let us guide you through the delicate funeral arrangement process to create a true celebration of life for your loved ones. For immediate help or a copy of our free 'Funeral Planning Guide' just call **3888 3535**.



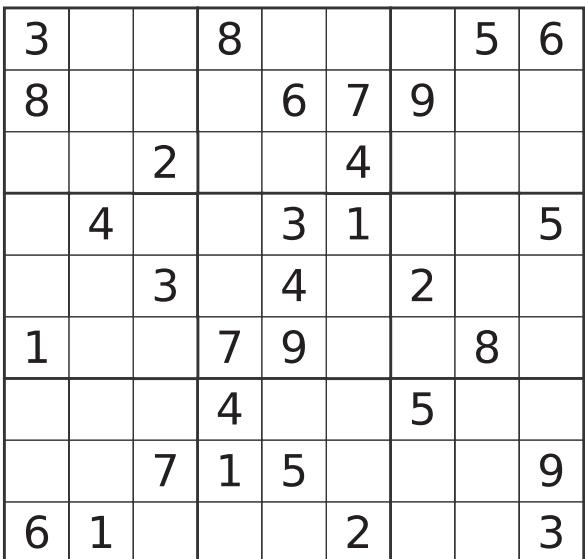
ALEX GOW
FUNERALS
Creating memories since 1840

24 Hours / 7 Days Service
Pre-arranged Funerals
Funeral Insurance Advice

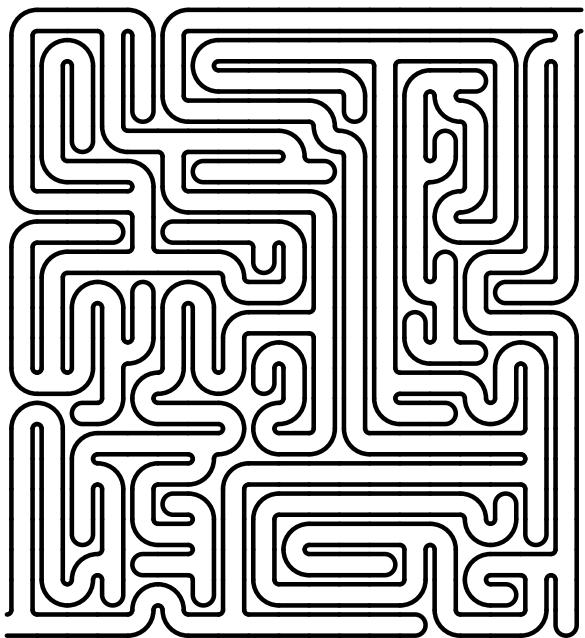
TALLOWWOOD DRIVE
DECEPTION BAY

... still family-owned

SUDOKU



AMAZING MAZES



CROSSWORD SOLUTION FROM LAST ISSUE



Crossword 6505

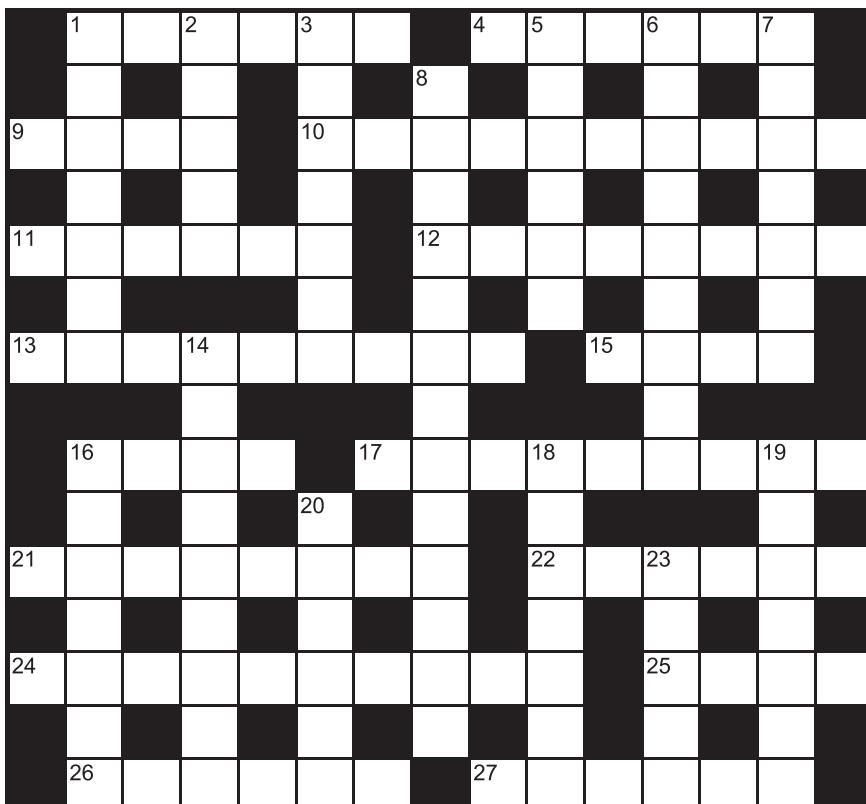
Handcrafted by "Local Hero" Laurie Stibbe with a fresh copy of Office 2010

ACROSS

- 1 Pact
- 4 Take a chance
- 9 Legal court document
- 10 Happening by chance
- 11 Hindquarters
- 12 Worthy of being chosen
- 13 Insert between other elements
- 15 Adult male horse for breeding
- 16 Jealousy
- 17 State of being indistinct
- 21 Singer of folk songs
- 22 Narrative song sung by minstrels
- 24 A dance in syncopated rhythm
- 25 Throw with light motion
- 26 Fall down, as if collapsing
- 27 Thoroughfare of houses

DOWN

- 1 Extended area of land
- 2 Consumed
- 3 Small restaurant
- 5 Harmful insecticide
- 6 Railing on staircase
- 7 Rendered capable of task
- 8 State of being at hand
- 14 Listen without permission
- 16 Defamatory word or phrase
- 18 Storage locker
- 19 Theodolite
- 20 Trying experience
- 23 Supple, lissome



COMMUNITY NOTICE BOARD ONLINE

Are you looking for something to do? Visit the region's foremost community guide where you'll find like-minded individuals of all interests, events, local special interest groups for all ages, guidance and support if you need it.

www.northlakesmessenger.com.au

The Community Notice Board is a free service provided by the Messenger for community, social and non-profit organisations

To post email: community@northlakesmessenger.com.au

- Maximum of 60 words per submission
- Please resubmit your item in full when making alterations
- Entries updated every Thursday
- Your submission will run ongoing until you notify us otherwise



QUEENSLANDERS SHOP AROUND FOR POWER DISCOUNTS

Electricity consumers across the state are snapping up more and better power price deals

Citing as the Palaszczuk Government's affordable energy initiatives, Energy Minister Dr Anthony Lynham welcomed Alinta Energy boosting its discount offer to more than 100,000 existing south-east Queensland customers.

Alinta Energy is in joint venture with publicly-owned generator CS Energy announced a 25 per cent, two-year electricity discount in August last year for residential and small commercial and industrial customers within the Energex distribution area.

Meanwhile, more than 7000 regional Queensland customers have pocketed rewards for taking up flexible billing options with Ergon, the state's publicly-owned regional electricity retailer.

"Customers across the state have switched on to incentives and offers available to trim their power bills," Dr Lynham said.

"Our \$2 billion Affordable Energy Plan is well and truly starting to kick in for Queensland households and small business."

Alinta Energy has just increased its discount on energy usage rates for its 100,000-plus customers in south-east Queensland from 25 per cent to 28 per cent, if you're already a customer, you would have gotten a text message announcing it.

The new deal will be extended to existing customers, as well as new sign-ons, and is worth about \$400 per annum to an average customer.

"Alinta Energy has secured more than 100,000 customers in SEQ in the past six months, which highlights that many people were obviously looking for a better deal on their electricity bills," Dr Lynham said.

Across regional Queensland more than 7000 customers have registered for and are

receiving their Easy Pay Reward payments from Ergon - \$75 for households and \$120 for small businesses.

Dr Lynham said most of these were households and he encouraged regional small businesses to take advantage of the offer.

"I also encourage South-East Queenslanders to shop around and choose the electricity retailer that offers the best deal for them," he said.

"Almost every SEQ electricity retailer has signed up to our Affordable Energy Pledge to pass on all the savings to consumers that the government is making in our publicly-owned electricity system."

"A Queensland Competition Authority report recently showed that shopping around could

deliver annual savings of up to \$588 for SEQ households.

"We are mounting an all-out attack on electricity prices: consumers to make sure they aren't missing out."

Under its Affordable Energy Plan, the government is also providing:

- a two-year cap on electricity price rises to average inflation
- a \$50 annual rebate over the next two years, as a dividend for customers from the publicly-owned electricity businesses.

a great resource for comparing electricity deals can be found at www.dews.qld.gov.au/electricity/energy-save



SOLD

Our Real Estate section
sells houses

adz@northlakesmessenger.com



RayWhite

Darren Suhle

For Results you Deserve!

A word from our clients...

"We first met Darren at an Open Home & liked that he was authentic! So when it came time for us to sell our home for a sea change we contacted Darren! We had a few other agents through first but we didn't connect with them. So we were happy that after a visit from Darren that we were on the same page. He saw the value in our home like we did! That means a lot to "house proud" people. We would highly recommend Darren & his team. An authentic & down to earth agent!"

- Melissa & William
98 Nutmeg Drive, Griffin

ELITE
PERFORMER 2017

Darren Suhle
0400 197 529
darren.suhle@raywhite.com
raywhitenorthlakesqld.com
raywhitemangohill.com



RayWhite



44 Kurrajong Circuit, NORTH LAKES

3  2  2 

Alex Silva
0415 584 349

Sale
\$549,000+

- Metricon Home with Air Conditioning
- Three large bedrooms, main being king size with open plan ensuite & WIR
- Chef's kitchen with large oven & large corner pantry
- Massive outdoor area

raywhitenorthlakesqld.com | raywhitemangohill.com



RayWhite

Sold

4 Gair Street, NORTH LAKES

4  2  2 



RayWhite

Sold

6 Rundle Circuit, NARANGBA

4  2  2 

SOLD by Team Wilkie!

Thinking of Selling?
Team Wilkie

0406 861 210

raywhitenorthlakesqld.com | raywhitemangohill.com

SOLD by Pauline Barlow!

Thinking of Selling?
Pauline Barlow

0432 214 796

raywhitenorthlakesqld.com | raywhitemangohill.com

“THEY SAY A PICTURE TELLS A THOUSAND WORDS.
WE BELIEVE A VIDEO TELLS THE WHOLE STORY.”



bowmaker.tv



8washpoolstreet.com

8 WASHPOOL STREET, NORTH LAKES



EXCLUSIVE MARKETING AGENT

PAULA LEINERT

Investment Specialist

1300 BOWMAKER | bowmaker.tv/paula
paula@bowmakerrealty.com.au



55chalkcircuit.com

55 CHALK CIRCUIT, NORTH LAKES



EXCLUSIVE MARKETING AGENT

BRAYDEN SNELLING

PROPERTY CONSULTANT

1300 BOWMAKER
brayden@bowmakerrealty.com.au



bowmaker | REALTY



bowmakerrealty.com.au



@bowmaker_realty



/bowmakerrealty



bowmaker.tv



07 3480 5366



You can trust...

An agent that is
family focused

Let **our family**
look after **yours**.

Steve McDade
0430 341 688



point of sale



wall graphics



one-way vision



3D illuminated signs



laser cutting



billboards



graphic design



logo design



large format printing



labels



vinyl lettering



floor decals



foam lettering



banner mesh



banners & flags



printing

Contact us on
1300 300 608

www.adsignz.com.au

advanced adsignz
Specialising In Large Format Digital Printing

Looking to sell?? Needing an appraisal of your home??

Don't be mislead by agents who only want your listing for their own gain

At AQUA Properties, we tell you the TRUTH !!!

We will give you an **ACCURATE** sale range and then discuss strategies on how to achieve a sale price **ABOVE** market value

Call today, to book a no obligation appraisal



1300 AQUA SELL = 1300 278 273

5 / 5 McLennan Court, North Lakes

www.aqua.eview.com.au



Janelle Stratford-Evans
Ph: 0413 262 959

John Topping

M: 0407 145 983

E: john.topping@bmnrh.com.au



Your Local Agent

Over 10 years experience in Moreton Bay Region and
North Lakes Resident

Servicing North Lakes Mango Hill & Surrounding Areas



List & Sell
your home with
Raine & Horne
North Lakes
& receive FREE
conveyancing

*Conditions apply

Raine&Horne.

TRADES & SERVICES

DIRECTORY

ADVERTISING/DESIGN/PRINT

advanced adsignz

Specialising In Large Format Digital Printing

Your local One-Stop Sign Shop

Design | Retail & Commercial Signage | Corflutes | Pull Up Banners
Light Boxes | LED Lettering and much more...

adsignz.com.au 1300 300 608

ALTERATIONS

April's Customised Clothing ABN: 11 822 902 462

Need fast reliable Alterations?

Call April 0419 433 607

After Hours Service Free Pick Up & Delivery in North Lakes

CARPET CLEANING

Carpet Cleaning available now!

V.I.P.
132613
viphomeservices.com.au

Call now!
Trade licenced. Sustainable carpet cleaning

Ready Cleaning Services

SPECIAL OFFER
Present this ad to receive
3 Rooms for \$95*
Conditions apply

Local Carpet Steam Cleaning & much more
Free quote call 0404 001 761
www.readycleaning.com.au

CLEANING

We Clean Ovens

...so you don't have to!

\$10 OFF
With This Advert*

Our professional oven clean will restore your oven to
showroom condition.

Present this ad to receive \$10 off your
next oven cleaning. The most professional
oven cleaning service in the area.

Call today 1300 683 681

oven
Oven Cleaning & Detailing Service

- ✓ We remove the fan and back panel for a complete professional clean
- ✓ We take the door off, split the glass to remove any streaks
- ✓ Our solutions are safe, caustic free and bio degradable
- ✓ We return your oven to showroom condition
- ✓ We also clean BBQs, cooktops & rangehoods

Call today 1300 683 681

www.ovenu.com.au

mitch.5star.pressurewashing@gmail.com

5 STAR PRESSURE WASHING
0429 374 261

#5starpressurewashing

COMPUTER SERVICES



ONSITE COMPUTER REPAIR

Fix All PC and Mac Problems
www.fixyourcomputers.com.au

Ph: 0432 388 832

CONCRETING

NORTHSIDE CONCRETING

◆ Driveways ◆ Paths ◆ Shed Slabs ◆ Exposed
No job too small FREE QUOTES
0411 647 800

Work under
3,300 only

ELECTRICAL

Bob Electrical Solutions
Electrical Lic No:75384 Air Con Lic No:L083766 Data Lic No:A033193

10% DISCOUNT
TO ALL NEW
CUSTOMERS

FREE Quotes
No Call-Out Fee
Competitive Prices

QUALITY • LOCAL • 24/7 SERVICE

Call Bob 0422 895 517

For all your electrical, air conditioning
and communication solutions

Electrician

Loadstar Electrical
Your trusted local electrician

Domestic lighting & power
Air Conditioning
Home Automation
24hr service
Design & wire new houses
LED lighting upgrades
Renovations & rewires

MASTER ELECTRICIANS MEMBER

Ph: 0405 264 898
www.loadstar.com.au

Electrical Licence No - 78872

NORTH LAKES ELECTRICAL & SURROUNDS
CALL ROB, TODAY!
Residential & Commercial
0411 776 551
www.northlakeselectrical.com

ELECTRICIAN 0477 926 366
Cheap prices Quality work
ALL AREAS - FREE QUOTES

ONE UP electrical

Elec Lic: PGE 207 371

HANDYMAN/MAINTENANCE

SKIP-IT ENVIRONMENTAL SERVICES
Find us on Facebook MasterCard Visa

Skips At Competitive Rates/Local Family Business
1300 659 660 www.skip-it.com.au

Home Maintenance
All Aspects of Handyman Jobs

Call 0473 304 243

ABN - 91 77 02 99 045 (no jobs over \$3500)

Handyman Bill
Retired Builder, Carpentry and Security, No jobs too small
Ph 0439 772 661

Jobs under 3,300 only

ONE PLACE TO
FIND ALL YOUR
EXPERT NEEDS!



HOME IMPROVEMENTS

ROOF REPAIRS

Leaks / Re-bed / Point / Change broken tiles
Pressure cleaning (roofs, driveways, patios)
Solar panel cleaning / Whirly birds
Roof inspections / Gutters cleaned

Jobs under
\$3300
only

Honest & reliable Josh : 0414365475



LAWN MOWING

FIVE STAR MOWING

5 star job at a 3 star price

TROY DELLAWAY

Lawns, Gardens, Hedges, Manicured

North Lakes and Surrounds

0409 526 599 troydellaway@yahoo.com.au

M.A.G MOWING

mowing - edges - hedges - acreages
yard tidy ups - gardening
insured & reliable

marcus abberley
0433 182 331

Matt's Mowing

& Gardening Solutions

• Let us care for all your gardening needs •

Call Matt on 0438 297 464

ABN: 11512613828

matts_mowing@bigpond.com

PEST

GOTCHA Pest Control

PRE-PURCHASE TIMBER PEST INSPECTIONS
TERMITIC INSPECTIONS & TREATMENTS
GENERAL PEST CONTROL

Call Dave Rodwell on 0433810166
E: rodwell.dave@yahoo.com.au

PMT13907 & QBCC 1314207
FAMILY OWNED & OPERATED



FOR ALL YOUR PEST CONTROL NEEDS

Hi-Tech
PEST MANAGEMENT

DUSTIN WRIGHT

0400 006 942 3283 5248

Lic No. 12594

**Whether you have a job
that's BIG or small, you'll
find the right person
for your needs here!**

PETS

CRACKERJACK HOME AND PET CARE
PET MINDING
CARING FOR ALL DOMESTIC PETS
We cover the entire North Brisbane area
For a free quote call 0432 052 882
www.crackerjackpetcare.com.au

PLUMBING

Lakeside Plumbing QLD
Your friendly local North Lakes Plumbers
✓ CCTV camera drain inspections ✓ No call out fee for North Lakes & Mango Hill residents
✓ Hydro jetting, drain blockage clearing ✓ Free quotes
✓ Taps, Toilets, Hot water, Leaks
✓ Rainwater tank / pump repairs
Steve: 0468 346 006
admin@lakesideplumbingqld.com
Mention this ad to receive 10% discount.
24/7 DAY SERVICE
BSA: 1165842

POOLS

Jim's Pool Care
Need it done, Jim's the one!
• Energy saving pool pumps
• NEW salt chlorinators
• Sand and cartridge filters
• Robotic pool cleaners
• FREE onsite quotes
Call us today **131 546**
cleaning • maintenance • equipment • sales
installations • repairs • heating • blankets • training
FCA BSA

Royal Pool Care
The clearest of them all
**MOBILE POOL SERVICE,
MAINTENANCE & REPAIRS**
CALL Mitchell on **M 0410 139 525**
WE COME TO YOU

TUTORING

TUTOR
Private high school tutor. Qualified teacher in Chemistry, Maths and Science.
Sat mornings only \$30p/h **0448706125**

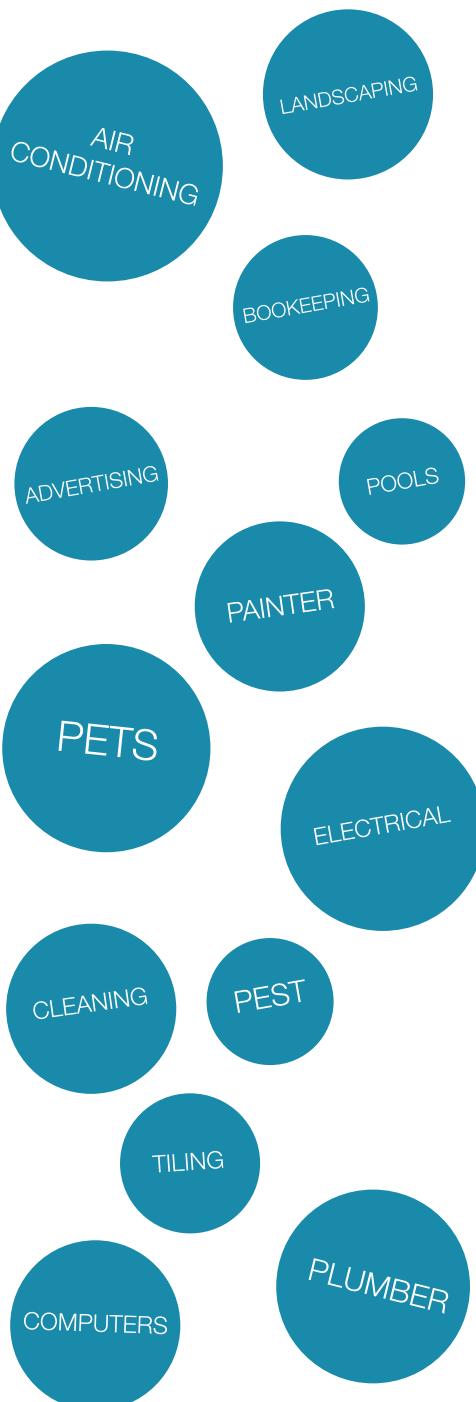
TV/ANTENNA/CABLE/VIDEO

TV SOLUTIONS
Home Technology Made Easy

Do you need a new TV antenna?
Antennas, TV & Home Theatre Installations, Reception Problems & Digital Tuning, Streaming, Extra TV Outlets, Data & Phone Outlets and MORE!

CALL FOR A FREE QUOTE
0418-888-649

www.tvsolutions.com.au | contact@tvsolutions.com.au



For over a decade, The Messenger has been your source of trusted businesses who service our local community.

When you're looking for the right expert for whatever job you need done, our Trades & Services Directory is the place to find them!

Trades & Services Directory Pricing

Large colour: **\$366** inc GST

Large b/w: **\$266** inc GST

Small colour: **\$233** inc GST

Small b/w: **\$133** inc GST

**Each price includes
1 ad placed once a
week for 10 weeks**





**SAVE UP TO
10%**

ON SELECTED AEG KITCHEN APPLIANCES^{*1}

5% OFF WHEN YOU SPEND \$5,000
7.5% OFF WHEN YOU SPEND \$7,500
10% OFF WHEN YOU SPEND \$10,000
ON SELECTED AEG APPLIANCES
IN ONE TRANSACTION^{*1}

AEG

Harvey Norman®
SHOP with CONFIDENCE

ROTHWELL

439-443 ANZAC AVENUE,

CALL 3897 8800 OR VISIT HARVEYNORMAN.COM.AU

Harvey Norman® stores are operated by independent franchisees. Ends 31/12/18.

*1. Offer only applies to new customer purchases of \$5000 or more made between 01/01/18 and 31/12/18 and paid in full in one transaction. No split deliveries allowed. Spend \$5,000 - \$7,499 on Participating Products and receive 5% off; Spend \$7,500 - \$9,999 on Participating Products and receive 7.5% off; Spend \$10,000 or over on Participating Products and receive 10% off. Offer does not apply to damaged, display, ex-display or run-out models. Terms and conditions apply, see in store for details.